










Subject: PE	Week:2						
Class: KPT	Teacher: Mr Hollinworth						
<p>Learning Outcomes:</p> <p>I can complete the exercises for 30 seconds trying to beat my score from last week I can identify the body parts that I am using.</p>							
<p>Activities:</p> <p>Copy each individual workout movement. Each exercise to be done for 30 seconds with scores kept in week 2 of the scoring sheet.</p> <p>Use these exercises and a timer.</p> <p>EXERCISES https://hollinwood-my.sharepoint.com/:w:/g/person/ahollinworth_newbridgegroup_org/EX8_1BPm28FlpjowE_iW8qIBo-YpEa50Bed5N4JQpR2MZw?e=5OpjL</p> <p>SCORING SHEET https://hollinwood-my.sharepoint.com/:w:/g/person/ahollinworth_newbridgegroup_org/EeMkTYP-7P9JoOT3uWVfdgEBZscbGhBNUuHOaaJZ5-1RCg?e=JIY9UI</p> <p>Students to be seated for all exercises. Students do not have to use weights but if the want to canned food is a good substitute to hold if no weights are available/</p> <p>At the end of each exercise when resting for 1 minute students are to identify the body parts that have been used for the exercise.</p>							
<p>Evaluation:</p> <div style="display: flex; align-items: center;">  <table style="border: none;"> <tr> <td style="padding-right: 20px;">I can't do it yet</td> <td style="text-align: center;">  </td> </tr> <tr> <td style="padding-right: 20px;">I can nearly do it</td> <td style="text-align: center;">  </td> </tr> <tr> <td style="padding-right: 20px;">I can do it</td> <td style="text-align: center;">  </td> </tr> </table> </div>		I can't do it yet		I can nearly do it		I can do it	
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