**KS4 PE Newsletter: Easter Holidays Edition** 

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### Watch

# NETFLIX

Bobby Robson: More Than a Manager (12) **Bethany Hamilton:** Unstoppable (U)

Stop at Nothing: The Lance Armstrong Story (12)

Shane Williams: Rugby, Concussion and Me (PG) prime video

The Class of 92 (12) All or Nothing: New Zealand All Blacks (12) Don't Take Me Home (12)



Over the Edge (series) (PG)

# **BTEC Sport**

Below are the 11 components of fitness. Can you:

- Define each component.
- Which ones are components of physical fitness? Which ones are components of skill-related fitness?

Body Composition	Muscular Endurance			æ	Agility	/	Power		
Aerobic Endurance			Coordination			Flexibility			
Reaction Time		Balance			Muscula Strengt			Speed	

## Just Dance - Scan the QR codes!

Grease - You're The One That I Want (doubles)

Pitball ft. Ke\$ha - Timber (doubles)

Camila Cabello ft. Young Thug -Havana (singles)

Britney Spears - Baby One More Time (singles)







# Listen

**High Performance** Podcast - Rio Ferdinand:

https://lnns.co/30 MSDExbu-c

WORLD RUGBY...

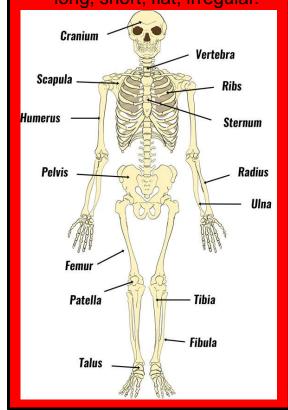




### **GCSE PE**

Below is a labelled diagram of the skeleton. Can you:

- Memorise all of the bones.
- Put them into one of the following classifications: long, short, flat, irregular.



Cha-Cha Slide Plank Challenge:

https://www.youtube.com/watch?v

**Workout Challenges** 

=x YFkVSp34s

Bring Sally Up Squat Challenge:

https://www.youtube.com/watch?v

=OBLvsBfl5Ks

Baby Shark Abs Challenge:

https://www.youtube.com/watch?v =OBLvsBfl5Ks

## **Free Online Course**

Rugby Ready:

https://rugbyready.worldrugby.org/