

# KS4 PE Newsletter: Easter Holidays Edition

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## Watch

**NETFLIX**

**prime video**

Bobby Robson: More Than a Manager (12)  
Bethany Hamilton: Unstoppable (U)  
Stop at Nothing: The Lance Armstrong Story (12)

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

**iPlayer**

Shane Williams: Rugby, Concussion and Me (PG)

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	Agility	Power
Aerobic Endurance	Coordination	Flexibility	
Reaction Time	Balance	Muscular Strength	Speed

## Just Dance – Scan the QR codes!

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



Pitbull ft. Ke\$ha – Timber (doubles)



Camila Cabello ft. Young Thug – Havana (singles)



Britney Spears – Baby One More Time (singles)



## Workout Challenges

Cha-Cha Slide Plank Challenge:  
[https://www.youtube.com/watch?v=x\\_YFkVSp34s](https://www.youtube.com/watch?v=x_YFkVSp34s)

Bring Sally Up Squat Challenge:  
<https://www.youtube.com/watch?v=OBLvsBfI5Ks>

Baby Shark Abs Challenge:  
<https://www.youtube.com/watch?v=OBLvsBfI5Ks>

## Listen

High Performance Podcast – Rio Ferdinand:  
<https://lnns.co/30MSDExbu-c>



## Free Online Course

Rugby Ready:  
<https://rugbyready.worldrugby.org/>



## 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.

