

Year 7	<p>Join Google PE Classroom with code 'cnstbiz'</p> <p>Follow the workout challenges and complete the OAA booklet in google classroom.</p> <p>If no access to the internet complete the climb the pyramid sheet attached. Swap exercises daily.</p>
Year 8	<p>Join Google PE Classroom with code 'tpzqwiw'</p> <p>Follow the workout challenges every time you should have PE!</p> <p>If no access to the internet complete the climb the pyramid sheet attached. Swap exercises daily.</p>
Year 9	<p>Join Google PE Classroom with code 'k3ahpje'</p> <p>Follow the workout challenges every time you should have PE!</p> <p>If no access to the internet complete the climb the pyramid sheet attached. Swap exercises daily.</p>
Year 10	<ul style="list-style-type: none"> • Pupils to continue work in their Unit 2 Work Booklet, including the skeletal system and the cardiovascular system. • Unit 2 Work Booklet (pupils will have these as a hard copy but it is also on google classroom where they are signed up) • Information to aid learning can be found from St Joseph's PE Google Site (address is below) https://sites.google.com/hwbcymru.net/stjosephsgcsepe/home • Pupils should can also use this WJEC site • http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_21/eng/index.html
Year 11	<ul style="list-style-type: none"> •Pupils to start work on their Unit 5 Work Booklet including factors that affect participation in sport and the provision of sport. •Unit 5 Work Booklet (pupils will have these as a hard copy but it is also on google classroom where they are signed up) •Information to aid learning can be found from St Joseph's PE Google Site (address is below) https://sites.google.com/hwbcymru.net/stjosephsgcsepe/home • Pupils should can also use this WJEC site • http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_21/eng/index.html

Climb the Pyramid

1

1

2

1

2

3

1

2

3

4

1

2

3

4

5

Start Here



- Starting on the bottom row at number one, move along the numbers until you get to number 5.
- Then start on the second row and do the same.
- Repeat this until you get to the top of the pyramid.
- The numbers represent different exercises
- You can swap the exercises round or add new ones in

1. Press Ups
2. Burpees
3. Sit Ups
4. Squats
5. Mountain Climbers