



Physical Education

Home Learning Booklet
Year 7

Home Gym

Name _____

Tutor Group _____

Teacher _____

Given out: Monday 4 November Hand in: Monday 11 November

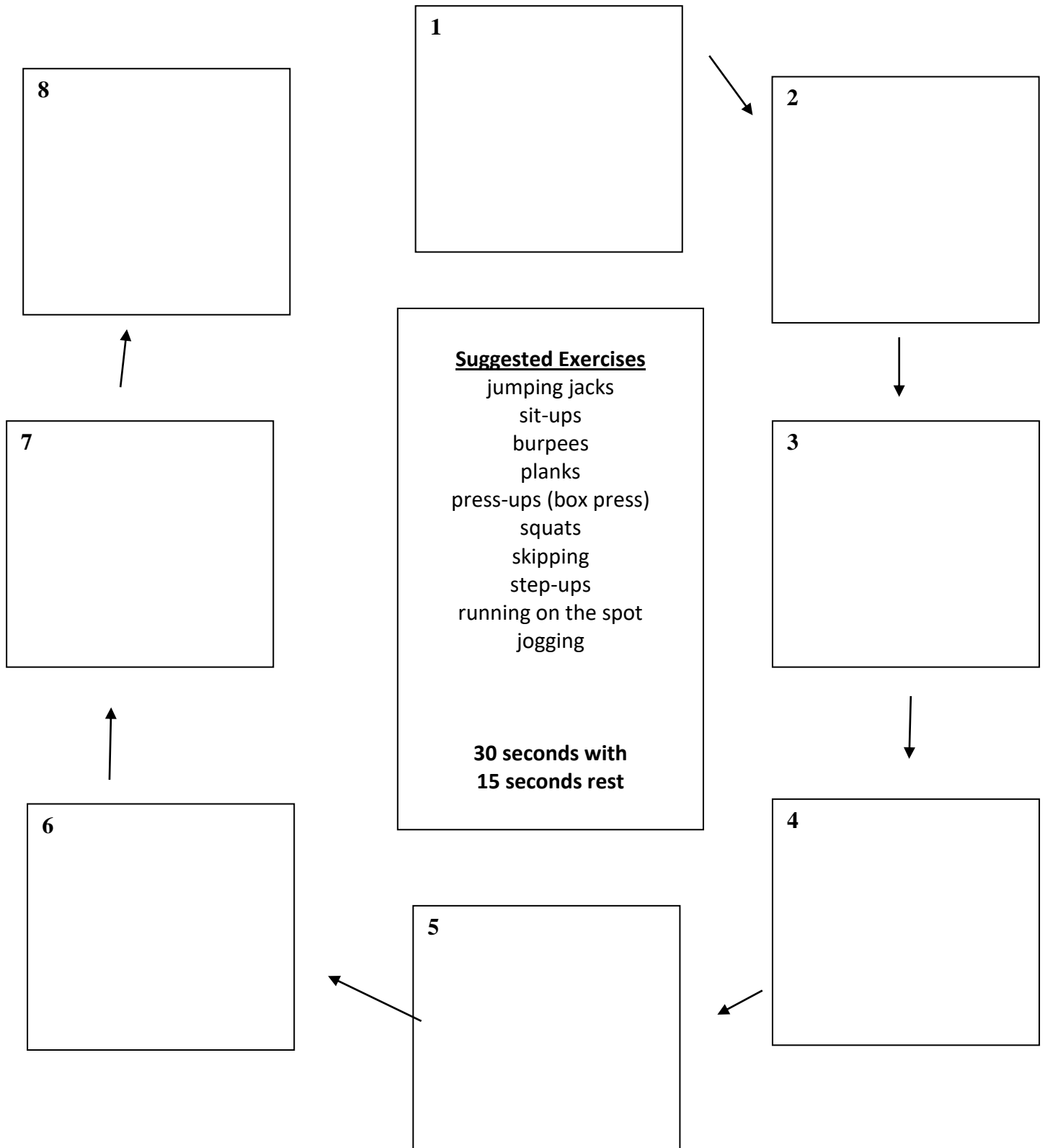
Parent's Comment

Staff Comment

Target

Task 1 Plan Circuit

Using your knowledge of fitness and the activities we have done in PE this term, select 8 activities for your circuit. Plan and draw each activity. Once you are happy with your circuit find an appropriate time to complete it safely every day.



Task 2 Daily Diary

Keep track of your circuit. Try and increase your effort every day, record the number of repetitions for each 30 seconds. Make a note of your effort; 1=excellent, 5=poor. Try and do two circuits as the week goes on.

	Circuit 1	Circuit 2	Comment/Score
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

