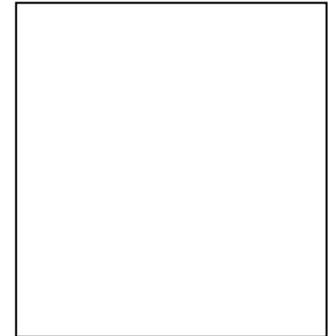


YEAR 7 MY P.E PROFILE

Name _____

My best sport is _____

How have you kept fit during the lockdown?



What are you most looking forward to about P.E. at St. Margaret Ward?

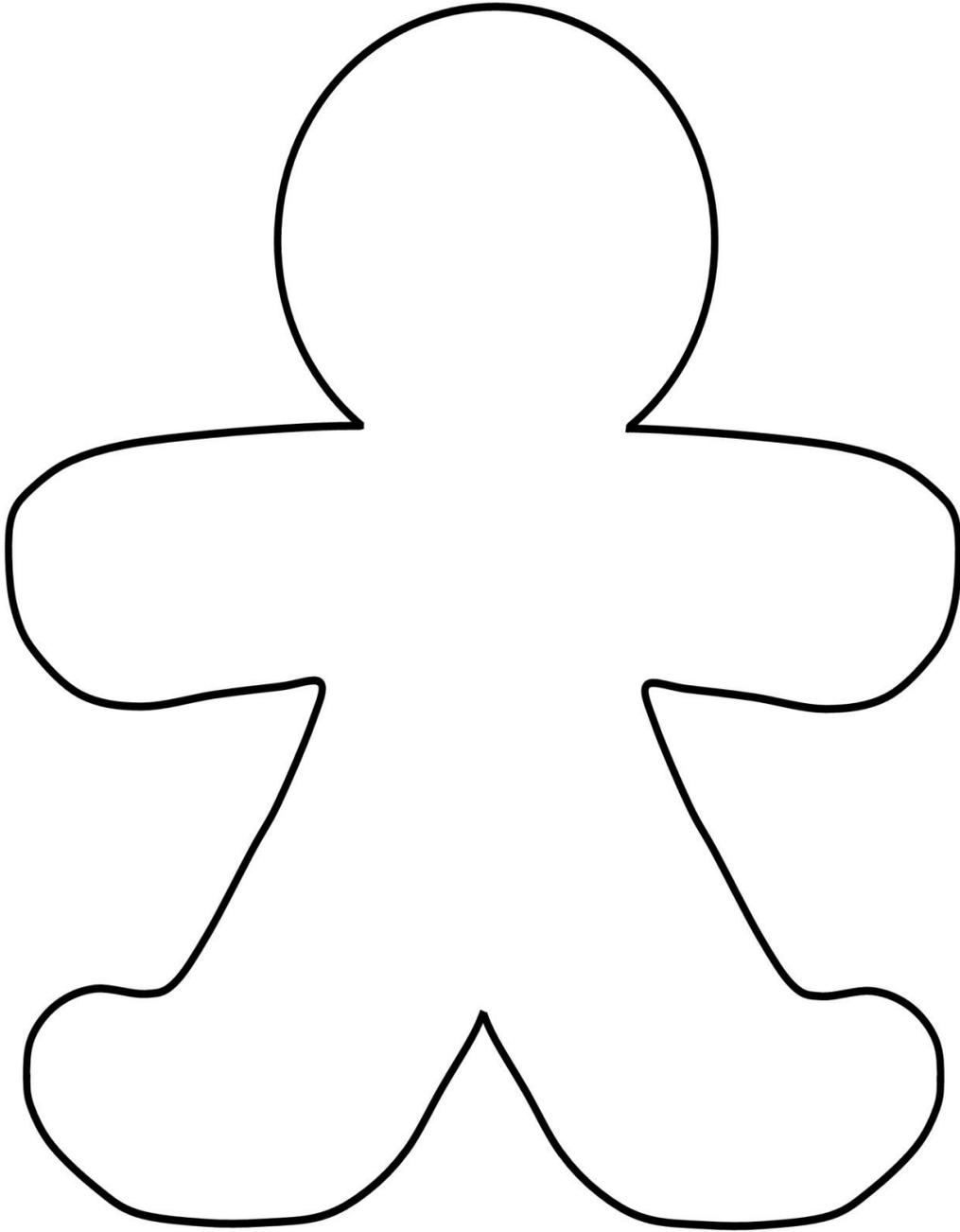
What did you most enjoy about P.E at primary school?

My best sporting achievement to date is: _____

What exercise do you do on a weekly basis outside of school?

Do you play for any sports teams outside of school, if so, please list them below:

Draw arrows on the gingerbread man below to describe the **benefits** of regular exercise. Consider parts of the body such as heart, lungs, mind, muscles and bones.



Practice task to help you prepare for you start at SMWCA

When you come to P.E lessons, you will be expected to change quickly so that we get maximum activity time. Please practise changing into full P.E kit and back into full uniform in under 5 minutes. Make sure that you can tie your own laces and tie too!

Reminder of P.E Kit:

Boys	Girls
Long sleeve black and red reversible PE top (with academy logo)	Black and red short sleeve red polo shirt (with academy logo)
Short sleeve black and red indoor t-shirt (with academy logo)	Black and red long sleeve outdoor top (with academy logo)
Black shorts (with academy logo)	Black skirt or shorts (with academy logo)
Black socks with red turn over	Black socks with red turn over
Trainers (not boots)	Trainers
Gum shield (dentist/boil and bite)	Gum shield (dentist/boil and bite)
Football boots with studs (not astro turf trainers)	Shin guards
Shin guards	Hair band if longer than jaw length
Hair band if hair is longer than jaw length	
Optional items: Base layer (with academy logo) Black track pants (with academy logo)	Optional items: Black academy leggings Girls track pants (with academy logo) Black hoody (with academy logo) Base layer (with academy logo)

Calories Burned During Exercise

Today you are going to attempt to burn off the amount of calories in a regular chocolate bar by completing as many of the activities below as you can in any order.

You & anybody at home can work together and record how many calories you have burned in each exercise & by the end of the lesson it will hopefully add up to the amount of calories (kCal) in one of the chocolate bars below-

Chocolate of your choice _____ or

Kit Kat- 110, Milky Way- 120, Cadburys Cream Egg- 175, Maltesers- 185,
Galaxy Minstrels- 210, Galaxy Bar-250 Mars Bar- 280, Snickers- 320

<u>Activitiy</u>	<u>Time Spent</u>	<u>Calories Burnt- Approximately</u>	<u>Calories burnt</u>	
			1	2
Press Ups	30s on, 30s off- 3 mins	30		
Cycling	6 mins	60		
Sit Up's	30s on, 30s off- 3 mins	40		
		60		
Jumping Jacks	30s on, 30s off- 3 mins	50		
Mountain Climbers-High Intensity	30s on, 30s off- 3 mins	45		
Burpees	30s on, 30s off- 5 mins	45		
Step Up's- High Intensity	30s on, 30s off- 3 mins	30		
Abdominal Crunches	30s on, 30s off- 3 mins	45		
Shuttle Runs- High Intensity	6 mins	80		
Rowing Machine- High Intensity	6 mins	55		
Tricep Dips	30s on, 30s off- 3 mins	35		
Total				

Can you climb all the way to the top of the shard and back down?
down? Lets get active!

THE BIG PRIMARY SHARD WORKOUT!

87 floors, 174 reps of exercise!
Can you make it all the way to the top and back down again?
Pick your difficulty level below and give it a go!

Level 🌍

10 secs running on the spot 🏃

10 star jumps ⭐

10 seconds 1 leg balance 🧘

10 jumps on the spot 🐕

10 big arm circles 🔄

10 knee press ups 🦵

10 squats be a 🦀

10 secs running on the spot 🏃

10 secs high knees 🦵

10 secs heel flicks up 🦶

10 hops right leg like a 🐕

10 hops left leg like a 🐕

10 tuck jumps 📈

10 seconds on your hands 🦾

and feet roar like a 🦁

47 seconds sprint on the spot to get back down! 🏃

Level 🌍🌍

10 secs running on the spot 🏃

10 squats be a 🦀

10 press ups 🦵

10 squat jumps 🦵

30 second plank 🦾

10 mountain climbers 🦵

10 sit ups ⬆️

5 burpees 🔥

5 leg raises 🦵

10 secs high knees 🦵

10 crunches ⬆️

10 star jumps ⭐

10 second press up hold 🦾

10 second press up hold 🦾

10 hops 🐕

Fitness Challenge!

Spell Your Name

& do the workout!

-
- | | |
|--------------------------------|--------------------------------|
| A: 15 Push Ups | N: 10 Push Ups |
| B: 50 Jumping Jacks | O: 20 Lunges |
| C: 20 Crunches | P: 10 Tricep Dips |
| D: 10 Burpees | Q: 20 Jumping Jacks |
| E: 60-second Wall Sit | R: 45-second Plank |
| F: 20 Arm Circles | S: 30 Bicycle Crunches |
| G: 20 Squats | T: 45-Second Wall Sit |
| H: 30 Jumping Jacks | U: 40 High Knees |
| I: 60-second Plank | V: 30 Squats |
| J: 20 Mountain Climbers | W: 15 Tricep Dips |
| K: 40 Crunches | X: 10 Mountain Climbers |
| L: 12 Burpees | Y: 12 Jumping Lunges |
| M: 15 Squats | Z: 30 Crunches |

Looking for a Challenge?

Spell out your FIRST, MIDDLE, & LAST name!



Sports Trivia

How much do you know?

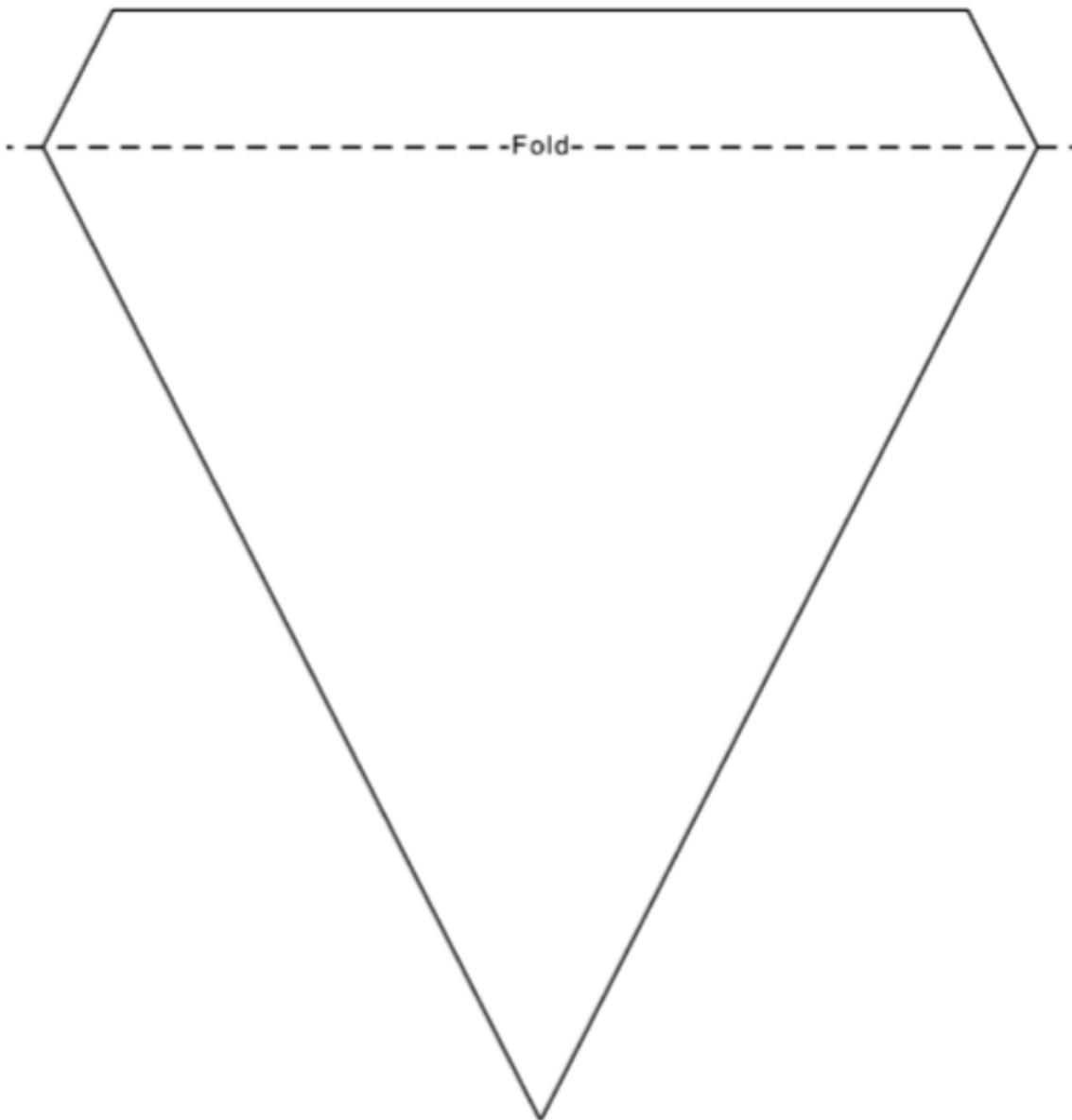
Question	Answer
Which of the following sport does not involve a ball: tennis, squash or badminton?	
In which sport do you run and jump as far as possible onto a sandpit?	
What colour is a standard tennis ball?	
Which sport involves a bat, a ball and wickets?	
In which game do you aim to knock down ten pins with a ball?	
Which sport uses the lightest ball – Football, baseball or table tennis?	
What are ballet, tap and hip hop all types of?	
What outdoor sport involves a club, a ball and holes in the ground?	
What games beginning with the letter 'O' are held every 2 years in summer or winter?	
What colour is Liverpool Football Club's home kit?	

PE BUNTING

Make your own PE bunting!

Use the bunting template to create your own learning resource!

You could include pictures and words on the following:
favourite sports, favourite teams, any words related to PE and fitness,
favourite healthy foods.



The best ones completed and returned to school will be put on display
in the PE corridor.

PE Word search
How many words can you find?

F S Q S D O D E T E R M I N A T I O N Y
X S M V T R E S I S T A N C E H C H T V
H E G B J R T K F A T I G U E W I E L M
Z E G H A F E C N V S H L D C A U X I T
B O A D Y L G T U X F I T N E S S E F V
J V C R K E A T C D U M B B E L L R E J
T E V A T S N N N H N K X M N P Q C E O
U R O B R C T D C L I Q S W J R K I X G
S W C B X D W R U E D N R U U E O S P G
P E Y O E Q I F E R S I G L C C N E E I
E I A S N S R O L N A D M Z I O A A C N
E G J G T T E Z V U G N Q P R V E G T G
D H E I S A I L K A N T C G C E R I A S
T T J M B P M N F T S G H E U R O L N V
H E A L T H Y I U B Y C S S I Y B I C W
M F N I X P X P N O L W U I T F I T Y T
L I N T E R V A L A U L H L U X C Y S T
F L E X I B I L I T Y S T U A L G E I D
E B M O T I V A T I O N N N T R R L R M
U S K I P P I N G A O G O C I X A R X G

cardiovascular	endurance	stamina	healthy	fitness	life expectancy
overweight	obese	heart	lungs	fatigue	flexibility
strength	agility	speed	motivation	determination	aerobic
skipping	jogging	dumbbell	resistance	circuit	interval
continuous	rest	recovery	exercise	balance	stretching

Starting your new journey at SMWCA

St Margaret Ward Catholic Academy PE department look forward to welcoming you into your new school. We are excited to share with you our PE experiences; we offer lots of sports, some which you may have seen or done before some which may be new to you.

At St Margaret ward we want all of our students to engage and get the most out of their PE experience so we have lots of different sports and after school clubs available for you to attend. We also like to recognise and celebrate your success by sending home praise postcards and giving out different awards.

Meet your new PE teachers:



Mr Pearson

Head of Physical Education

Favourite sport to play:

Swimming

Favourite sport to watching:

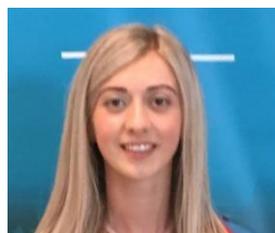
Athletics



Mr Anslow

Favourite sport to play: football

Favourite sport to watching: Road cycling.



Miss Blakemore

Favourite sport to play: netball

Favourite sport to watching: netball.



Miss Schultz

Favourite sport to play: volleyball

Favourite sport to watching: cricket/American Football.



Miss Bradbury
2nd in Department
(Head of Girls)

Favourite sport to play: netball

Favourite sport to watching: athletics.