**Year 7,8 & 9 Core PE**

|  |  |
| --- | --- |
| Day | Activity |
| Monday | **WORD OF THE DAY**  Each week you must research the word of the week – write the definition down. You can create a poster, write an article or poem using the word in the correct context. You can spell the key word using members of your family for each letter or using pebbles / shells or petals (remember to ask first) always wash your hands.  30/03/20 – Sportsmanship 06/04/20 – Etiquette  13/04/20 – Gamesmanship 20/04/20 – Sponsorship  27/04/20 – Leadership 04/05/20 – Volunteer  11/05/20 – Provision 18/05 /20 –Spectatorship |
| Tuesday | **PRACTICAL**   * Mr Sutton’s workout with Moose on Westleigh PE twitter (upload your video or it didn’t happen) * Joe Wicks 9am workout * Dance lesson with Oti Mabuse – on Facebook every day at 11.30am |
| Wednesday | **CHALLENGE DAY**   1. **2.**     **3 4.**    5. 6.    7. 8. |
| Thursday | **PRACTICAL**   * Joe Wicks 9am workout * Mr Sutton’s workout with Moose on Westleigh PE twitter (upload your video or it didn’t happen) * Dance with Oti Mabuse – on Facebook every day at 11.30am |
| Friday | **RECALL**  What have you remembered from this week?  Either make up your own mini test or ask a member of your family to test you on the word of the week [each week there is a new word to remember] |















