



HOME LEARNING
Year 11


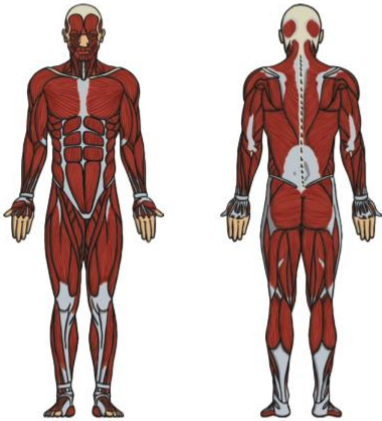


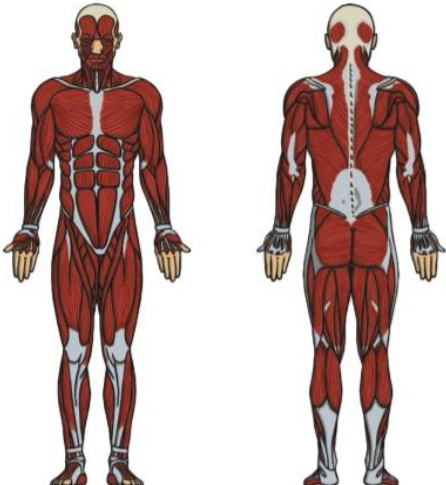

Subject: Option P.E

Time: 30 mins

Learning Objective: To learn about which how skeletal muscles move in your body.

Watch the video <https://www.bbc.co.uk/bitesize/clips/zi2kixs> and then try the task

Task: Think about the activity in the first column.
Then guess/predict which muscles you will move when you do it.
Then do the activity and then see which muscles you did use.

Activity	Prediction (before the activity): Circle or highlight the muscles you think will be used.	Results (after the activity): Circle or highlight the muscles you used .
<p>Bicep curl</p> 		
<p>Running on the spot</p> 		

If you would like me to see or mark your work please email it or send a photo of your completed work to:

tkitteridge@glebe.bromley.sch.uk Thank you, Mrs Kitteridge