

**Year 10 H&W
Week 1 Lesson 1**

You need to be spending **2 hours** per week on this subject.

Context: HIIT cardio (low impact)

Activity to complete:

Warm-up (pulse raiser) performing on the spot exercises such as high knees and heel flicks.
Stretches head to toe, 10 seconds hold each stretch.

Watch and perform the workout. Repeat the video workout 2/3 times as a challenge.

Cool down stretches at the end, head to toe.

Websites, accessible on a Smartphone, useful to support further understanding:

<https://www.youtube.com/watch?v=kAXg3cM0UCw>

**Year 10 H&W
Week 1 Lesson 2**

You need to be spending **1 hour** per week on this subject.

Context: Chest, Shoulders and Core Strength (low/high impact)

Activity to complete:

Warm-up (pulse raiser) performing on the spot exercises such as high knees and heel flicks.
Stretches head to toe, 10 seconds hold each stretch.

Complete the video workout once.

Cool down stretches at the end, head to toe.

Websites, accessible on a Smartphone, useful to support further understanding:

<https://www.youtube.com/watch?v=Sguswv8W6qI>