

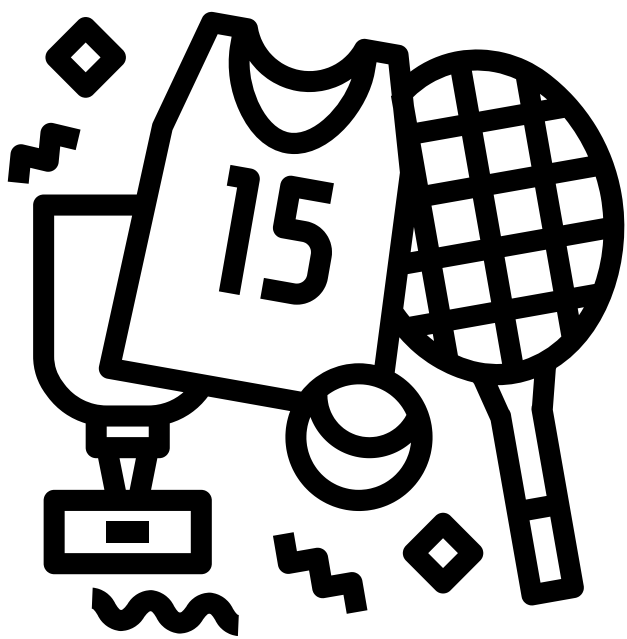


# PHYSICAL EDUCATION

## S1 HOME LEARNING

**Remember to check class teams and emails for any additional work set by your teacher.**

### PHYSICAL EDUCATION



For this task you will be looking at Significant Aspects of Learning within PE. You will use your knowledge of Cognitive skills, personal qualities and personal fitness.

**S1 Physical Education task**

### FITNESS

For this task you will be doing some practical exercises. The exercises are designed to use little to no equipment so they can be accessed by everyone.



**S1 Physical Education Fitness task 1**

**S1 Physical Education Fitness task 2**

**S1 Physical Education Fitness task 3**