



Friday 8th January 2021

Dear Parents/Carers,

Information about PE lessons for years 9, 10 and 11

PE lessons will run in session 1 on Monday for years 10 and 11 and in session 1 on Wednesday for year 9's. Throughout this half term the PE team will be encouraging all students to get active every day and where possible exercise outside in the fresh air. Below are examples of ways students can stay active indoors and outdoors without the need for equipment. The document will be regularly updated with a wide range of exciting new workouts for all the family to enjoy.

[CAST PE Activities To Do At Home Updated Regularly](#)

Next week students can use their PE session to become familiar with and select 1-2 of the activities from the **Physical Workout** and **Running Activities** sections below.

From Monday 18th the PE team will be running live events at the start of each PE session. These live events will guide students towards activities they can take part in throughout the week to improve their physical and mental wellbeing.

PHYSICAL WORKOUT	RUNNING ACTIVITIES
<p>Home workouts (Darebee). There are over 1300 workouts, with a wide variety from running to HITT session. Easy to follow. Select an area, then level and complete. https://darebee.com/workouts.html</p> <p>Select a Joe Wicks HITT session. https://www.youtube.com/results?search_query=Joe+Wicks https://www.youtube.com/watch?v=d3LPrhI0v-w</p> <p>Yoga with Adriene https://www.youtube.com/watch?v=-jhKVdZOJM</p> <p>NHS https://www.nhs.uk/live-well/exercise/get-active-your-way/ (scroll down to the 'young people' section)</p> <p>Gym free workouts https://www.nhs.uk/live-well/exercise/gym-free-workouts/ 10 min workouts https://www.nhs.uk/live-well/exercise/10-minute-workouts/</p>	<p>Basic Running to Running challenges Easy to follow. Select an area, then level and complete. https://darebee.com/workouts.html</p> <p>Couch to 5K https://www.nhs.uk/live-well/exercise/exercise-health-benefits/?tabname=couch-to-5k</p> <p>Walking before you're ready to run If you find running too much, you can start by brisk walking and track this with the Active 10 app https://www.nhs.uk/oneyou/active10/home Take your dog for a walk.</p> <p>PE Skills Challenges NEW Youth Sport Trust - Complete PE challenges to promote problem solving and creativity. Complete PE</p>

<p>Fitness Blender Allows you to create your own workout plan using their 500 free videos. https://www.fitnessblender.com/videos</p> <p>For young people with disabilities: http://www.activityalliance.org.uk/get-active/how-to-start</p>	<p>NETFLIX, A wide range of themed workouts, fitness fun and PE challenges!</p>
Mental Well being	
<p>Meditation/Breathing/Relaxation https://www.youtube.com/watch?v=DWOHcGF1Tmc</p> <p>'HeadSpace' Download Head Space.com App, for 10 minutes free meditation each day, for 10 days. https://www.headspace.com/</p>	

Kind regards

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