

PE

The PE Department staff at Ardrossan Academy are Mr Johnston, Miss Irvine, Mr Crawford, Mr Carruth and Mr Graham. We would like to take this opportunity to say how much we are looking forward to meeting you all when you start S1. As part of your transition we have decided to set you a challenge!

Throughout the lockdown period we have been posting weekly challenges for our pupils. Here is an example of some of the practical work that we have been asking them to do. We have included links to videos to help you with each exercise.

****Remember to warm up properly and only complete the lesson if you are fit enough to do so and have no underlying medical conditions.****

Complete as many rounds of the following circuit in 20 minutes as you can (**rest when needed**).

20 jumping jacks, 20 squat jumps, 20 high knees, 20 lunges, 20 squats, 20 mountain climbers.

Jumping jacks

<https://youtu.be/c4DAnQ6DtF8>

Squat jumps

<https://youtu.be/CVaEhXotL7M>

High knees

<https://youtu.be/ZZZoCNMU48U>

Lunges

<https://youtu.be/QOVaHwm-Q6U>

Squats

<https://youtu.be/aclHkVaku9U>

Mountain climbers

<https://youtu.be/nmwigrgXLYM>

Home Economics

P7 lesson

Something to try at home: Getting bored of the same sandwich every day? Use this Sandwich generator <<https://www.foodafactoflife.org.uk/media/6782/sandwich-generator-for-children-ws-ws.docx>> to randomly suggest what you could have for lunch! When you have selected the 4 items, write down where each food is from on The Eatwell Guide <<https://www.foodafactoflife.org.uk/media/2456/eatwell-guide.pdf>>. List three sides or other fillings that you could have with your sandwich to make sure the meal contains food from all of the groups. Remember a drink as well!