From this week we are starting a new initiative **challenge the teacher.** Every other week we will be giving you a challenge, you need to try to beat the teacher then let us know how you did! Then, on a week B we want you to give us a new challenge to complete, we will then choose the best one from the week, complete this then send it out as the new challenge for week A. Every week A you will also have a theory-based task then in week B you will have a quiz to fill out based on the theory.

**THIS WEEKS CHALLENGE...... How long can you hold a wall sit for? Can you beat the PE teachers?**

Wall sit technique:

- Back flat against the wall.
- Legs at a 90-degree angle at the knee.
- Feet flat on the floor.
- Hands off the legs.

**Miss Harris – 5 minutes 1 second**  
**Mr Gonzales – 5 minutes**

**Mr Coe – 5 minutes 21 seconds**

**THEORY TASK:**

Research the muscles of the body. Think about where the muscles are located in different areas of the body for example the quadriceps are in the upper leg. You will be tested on the muscle locations in the quiz. Below are the muscles you need to know:

- Quadriceps
• Deltoid
• Biceps
• Triceps
• Hamstring
• Gastrocnemius
• External obliques
• Tibialis anterior
• Gluteus maximus
• Pectoralis major
• Latissimus Dorsi

You will also need to research the different muscle types below, including definitions and examples:

• Voluntary muscles.
• Involuntary muscles.
• Cardiac muscles.

Extension task:

Can you find a fun fact about muscles you do not think the PE teachers may know?

We have also started the cycling challenge which you will receive more information about soon. As a department we are expecting you do still be active in different ways throughout the week, weather this is going for a walk, run or even dancing for an hour!