

Task 1 -

1. Using the sheet provided cut out and build your own skeleton.
2. Label as many bones as possible on the skeleton. Can you tell me how many bones in total make up the ribs and vertebrae?

Task 2 -

What are the 4 main types of bone?

The information below will give you clues.

- When you leave the lid off a fizzy drink it goes F....
- Ole Gunnar Solskjaer's winning streak was S.... lived
- During lockdown people's sleep pattern may be I....
- Big Bird lives on S.... street. Use the beginning of the first word to complete the followingmoid

Extension task: List the types of Synovial Joints (x6)

1.
2.
3.
4.
5.
6.

Task 3 -

- Put your skeleton into a sporting pose re-enacting your favourite sporting moment.
- Write a small bio about the moment. Without giving too much away or being specific see if people can guess the sport, the moment and the action being undertaken by your skeleton you've created.

Hopwood Hall College

Fitness Academy

Pre-Enrolment



Success is closer than you think



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Our Vision:
Bringing out
the best in you!

Our Values



Preparing for College: A message from the Principal:

Thank you for applying to study at Hopwood Hall College. We look forward to welcoming you soon. We want to help make sure that you are as well prepared as possible so that you feel at home here from day one.

We understand that the transition from school to college can be daunting but there's no need to worry! We have plenty of pre-enrolment activities which will help to prepare you and make your transition as smooth as possible.

Before you join the College in September, we want you to begin to develop your skills. We have brought together some subject-specific information, signposting to helpful reading and relevant websites and some activities for you to complete.

Don't worry if you get stuck on anything, just try to complete as much as you can. In the meantime, if you have any questions, please contact our Student and College Services Team on 0161 643 7560 who will be happy to help.

I look forward to welcoming you to your college very soon.

Julia Heap
Principal and Chief Executive



Welcome everybody, my name is Miles Greenwood and I'm the programme manager for the Fitness Academy. Everyone at Hopwood Hall hopes you're keeping safe and well, but also doing your best to keep extra fit and ready for when you enrol onto the Fitness Academy in September. We have put together some fun activities/challenges that you can be doing whilst at home to help prepare yourself for the next academic year. Have a go at some or all of the challenges and make sure you record your scores.

Good Luck!

Challenge 1

Complete the below exercise and record the time it takes to complete the whole workout

5 burpees

5 burpees, 15 push up

5 burpees, 15 Push Ups, 25 Lunges

5 burpees, 15 Push Ups, 25 Lunges, 50 sit ups

5 burpees, 15 Push Ups, 25 Lunges, 50 sit ups, 100 Air Squat

Time:

Challenge 2

1 Burpee, 2 Mountain Climbers, 3 sit ups

2 Burpee, 4 Mountain Climbers, 6 sit ups

3 Burpee, 6 Mountain Climbers, 9 sit ups

4 Burpee, 8 Mountain Climbers, 12 sit ups

5 Burpee, 10 Mountain Climbers, 15 sit ups

4 Burpee, 8 Mountain Climbers, 12 sit ups

3 Burpee, 6 Mountain Climbers, 9 sit ups

2 Burpee, 4 Mountain Climbers, 6 sit ups

1 Burpee, 2 Mountain Climbers, 3 sit ups

Time:

Challenge 3:

3km run

Time:

Challenge 4:

20 Push Ups-1 Sit Ups

19 Push Ups-2 Sit Ups

18 Push Ups-3 Sit Ups

Continue this pattern until

1 Push Up-20 Sit Ups

Time:

Please Record your challenge scores and send them to Miles.Greenwood@hopwood.ac.uk

Build your own skeleton

Equipment needed:

Scissors, paper fasteners or butterfly clips, whole puncher and a pen.

