



Key Stage 2

Fitness and floor Exercise



Civitas Academy

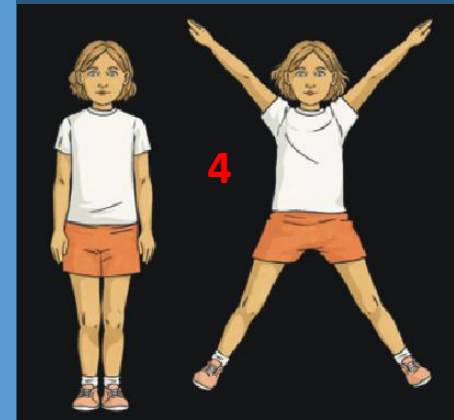


The Warm up

There are various ways to establish a high intensity warm up. This is done to prevent injury to ligaments (the tissue that joins bone to bone and tendons the tissue that connects muscle to bone) and to get the blood pumping around your system.

1. Side to side stretching
2. Jogging on the spot
3. Jogging with high knees
4. Star jumps
5. Jumping with both feet and stretch to the sky

Start each exercise for 30 seconds, then increase to 1 minute. Rest for 10 seconds and repeat 5 times





Squats

Start the exercise in a standing position with hands outstretched.

Position feet slightly apart bend the knees and sit back in a squat shape.

Hold the shape for a count of 2, stand up and repeat.

How many can you do in 1 minute then 2 minutes.



Sit ups

Place yourself in a seated position with feet flat on the floor. Try and get someone to assist by holding your feet down, close to your body.

Hands are placed next to your ears with elbows out. Roll back to the floor then back up to your knees.

How many can you do in 20 seconds then 30 seconds?.



V ups

Lay on the floor with a ball positioned between your feet and straight legs. The ball should start 6 inches from the ground.

Raise up the ball then back down, still keeping the ball 6 inches from the floor.

See how many lifts you can do in 20 seconds and 30 seconds.



Lunges

Start the exercise in a standing position with hands by your side.

Step forward with one leg and the other leg stretched back. Place your hands on the forward knee for support.

Step the forward leg back and repeat the other way around.

Exercise for 30 seconds then 1 minute.
Repeat 5 times.

Various Floor work

Use the exercises as a daily work out

15 sec, 20 sec, 30 sec



DORSAL RAISE

Lay with your tummy on the floor, hands out flat, raise up your trunk, stretch and hold for 15 seconds. Then try holding for 20 seconds, and 30.

Relax for 5 seconds between each block.

How many kick outs on both legs



SUPERMAN

Place right knee down, while stretching out the left leg behind with right hand pointed forward and left hand down supporting. Change over so that left knee is down and right leg pointing behind, left hand pointing forward and right hand down. 2 minutes work out.

How many crunches in 1 min



ABS CRUNCHES

Lay flat on the floor with hands tucked behind your head. Bring left knee up to right elbow and place foot back down, then bring right knee up to left elbow. Keep your tummy muscles tight.

How many push ups in 1 min



PUSH UP

Body should be stretched out, toes into the ground with hands flat. Push down bending elbows out then back into the start position whilst keeping the body as straight as possible.



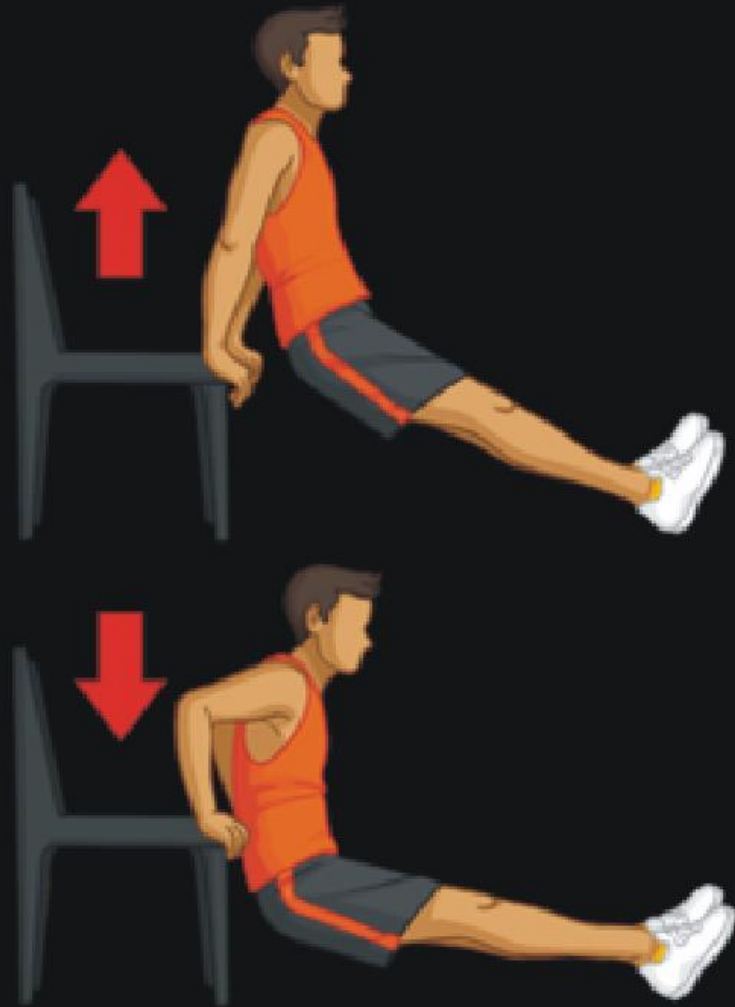
The Plank

Lay on the floor with toes pointing down and resting on your elbows.

Body must remain completely flat like a plank of wood.

Hold for 20 seconds then 30 seconds and 1 minute.

Repeat 5 times.



Tricep Dips

Using a chair or wooden bench, position your body as shown.

Hold your body upright using your triceps, legs straight with heels on the floor. Bend your arms so that your elbows are locked at 45 degrees while lowering yourself. Push back up and straighten your arms back to start position. Work for 1 minute then 2 minutes

Repeat 5 times.

15 sec

20 sec

30 sec

1 Min

2 Min

1. Push ups

2. V ups

3. Lunges

4. Superman

5. Abs crunches

6. Press ups

7. Tricep dips

Test your self

Make a record of your achievement. See if you can improve on your score.

Name:

Class: