

# Physical Education

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PRO PATRI ET PATRIA  
**Home**

# Information 1

## Why exercise at home?

It is important that during this time at home you stay as active as possible. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. You should try **and complete a minimum of 30 minutes** of moderate intensity exercise each day

## Benefits of regular physical activity

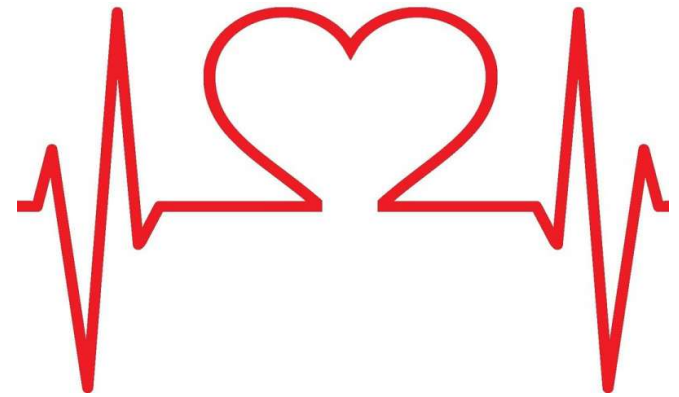
If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalisation or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

## A healthier state of mind

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.



# Information 2



## Children and young people need to do 2 types of physical activity each week:

1. Aerobic exercise
2. Exercises to strengthen their muscles and bones

## Children and young people aged 5 to 18 should:

- Aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.
- Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

## Adults should:

- Aim to be physically active every day. Any activity is better than none, and more is better still do **strengthening activities** that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- Do at least 150 minutes of **moderate intensity activity** a week or 75 minutes of **vigorous intensity activity** a week.
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

# Instructions



## Daily

1. Complete your daily physical activity session. (Remembering that if necessary, you may need to adapt it to your environment and space that you have at home, in the garden or in your local area. You need to include a warm up and cool down for before and after each session. (Choose from the examples for each section)
2. Encourage and involve your family to take part with you. This resource is as much for you as it is for them. You are more likely to set a routine with your daily physical activity if you take part as a family.
3. Tick off your log sheet on Slide 4 when you have completed your daily physical activity session.

## Weekly

1. Keep track of your resting pulse rate. Your resting heart rate is measured by counting the number of beats per minute of your heart while you're resting. A normal resting heart rate range is between 60 and 100 bpm. You can accurately measure your resting heart rate by checking your pulse after you have been resting for at least five minutes.
2. Recovery heart rate helps individuals to find out if they are getting fitter through exercising. It is a measure of how quickly an individual returns to their resting heart rate after exercise.

## Calculating recovery heart rate

- The individual should take their resting pulse and record it.
- Take a pulse rate immediately after finishing exercising. Record the number.
- Take a pulse rate one minute later. Record the number.
- Subtract the number for the second pulse rate from the first pulse rate after exercise
- This is the recovery heart rate number. The bigger the number the fitter they are.

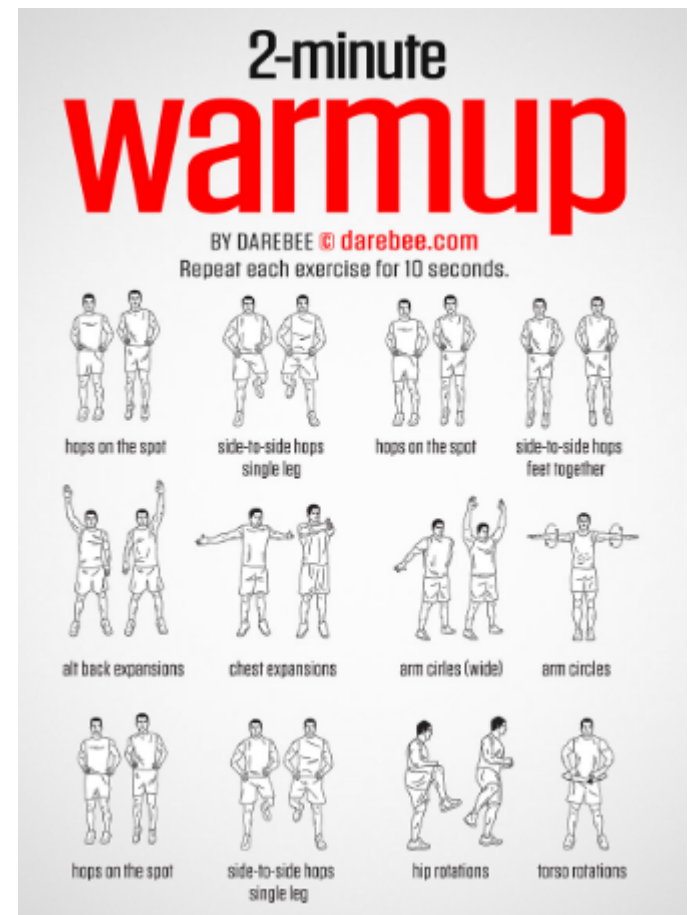
|         | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| Week 1  |        |         |           |          |        |          |        |
| Week 2  |        |         |           |          |        |          |        |
| Week 3  |        |         |           |          |        |          |        |
| Week 4  |        |         |           |          |        |          |        |
| Week 5  |        |         |           |          |        |          |        |
| Week 6  |        |         |           |          |        |          |        |
| Week 7  |        |         |           |          |        |          |        |
| Week 8  |        |         |           |          |        |          |        |
| Week 9  |        |         |           |          |        |          |        |
| Week 10 |        |         |           |          |        |          |        |
| Week 11 |        |         |           |          |        |          |        |
| Week 12 |        |         |           |          |        |          |        |
| Week 13 |        |         |           |          |        |          |        |
| Week 14 |        |         |           |          |        |          |        |
| Week 15 |        |         |           |          |        |          |        |

|                | <b>Resting Pulse Rate</b> | <b>Pulse Recovery Rate<br/>1 Minute</b> | <b>Pulse Recovery Rate<br/>2 Minutes</b> | <b>Difference from 1<br/>Minute to 2<br/>Minutes</b> |
|----------------|---------------------------|---|--|--|
| <b>Week 1</b>  |                           |   |  |  |
| <b>Week 2</b>  |                           |   |  |  |
| <b>Week 3</b>  |                           |   |  |  |
| <b>Week 4</b>  |                           |   |  |  |
| <b>Week 5</b>  |                           |   |  |  |
| <b>Week 6</b>  |                           |   |  |  |
| <b>Week 7</b>  |                           |   |  |  |
| <b>Week 8</b>  |                           |   |  |  |
| <b>Week 9</b>  |                           |   |  |  |
| <b>Week 10</b> |                           |   |  |  |
| <b>Week 11</b> |                           |   |  |  |
| <b>Week 12</b> |                           |   |  |  |
| <b>Week 13</b> |                           |   |  |  |
| <b>Week 14</b> |                           |   |  |  |
| <b>Week 15</b> |                           |   |  |  |

# Why Warm Up?

A warm up **prepares the body for the physical activity** to follow. **Gradually increasing effort** to full pace and **practicing the movement skills** used during training or competition through the full range of movement.

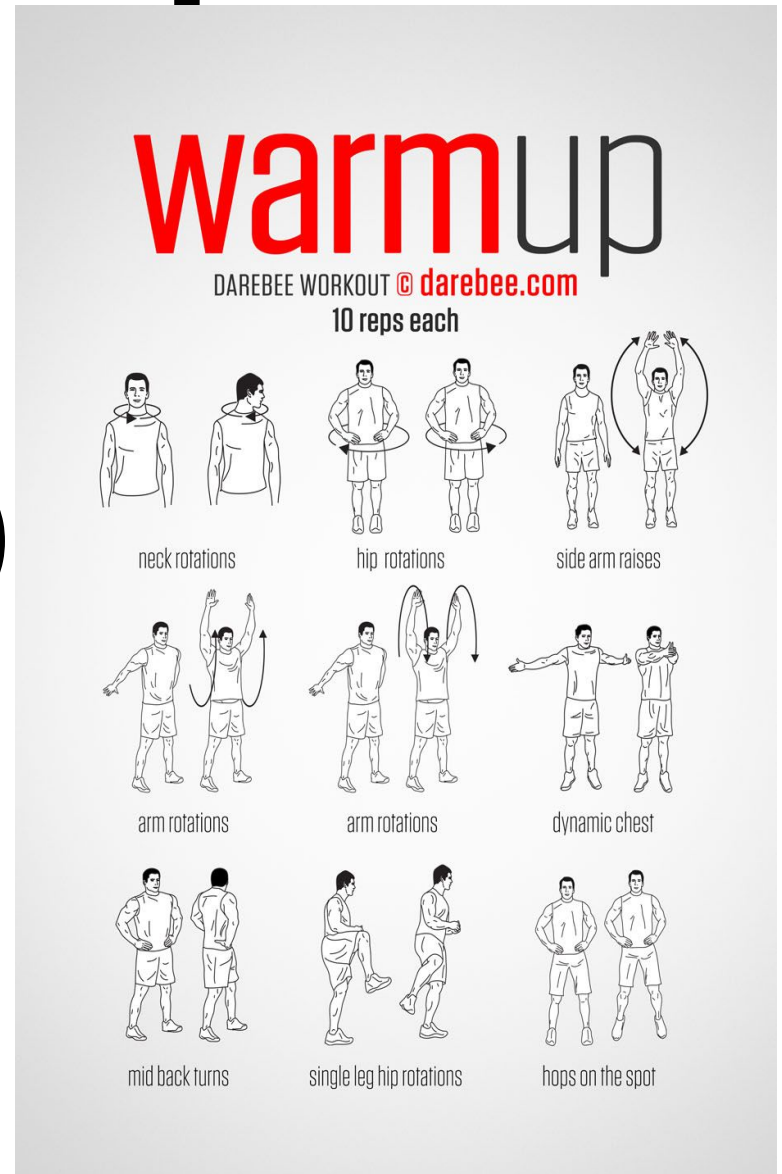
1. Raises the body temperature
2. Increases the range of movement at the joints that will be used most.
3. Increases the amount of oxygen delivered to the working muscles.
4. prepares the mind for the physical activity to follow. It helps the performer get into the zone, focus on what lies ahead and makes it more likely that they will achieve their goals.



# Warm Up

## Warm Up:

1. Neck rotations
2. Hip rotations
3. Side arm raises
4. Arm rotations (Backwards)
5. Arm rotations (Forewards)
6. Dynamic Chest
7. Mid back turns
8. Single leg hip rotations
9. Hops on the spot





# Warm Up

## Warm Up:

1. Jogging
2. (On the spot/in the garden/in the street)
3. High Knees
4. Back kicks
5. Front kicks
6. Hands in the air on tip toes
7. Alternating feet touch
8. Knee bends
9. Ankle holds keeping legs straight
10. Arm, Leg & torso stretch

## FOLLOW THIS WARM UP ROUTINE BEFORE EXERCISING



JOGGING



MARCHING



BACK-KICKING  
EXERCISE



FRONT-KICKING  
EXERCISE



HANDS-IN-THE-  
-AIR EXERCISE



FOOT-TOUCHING  
EXERCISE



KNEE-BENDING  
EXERCISE



ANKLE-HOLDING  
STRETCH



ARM, LEG AND  
TORSO STRETCH

# Warm Up

Warm Up:

<https://www.youtube.com/watch?v=Ks-IKvKQ8f4>



# Warm Up



**Warm Up Explanation:** Your warm up should last for between 5-10mins- it prepares your body for exercise and reduces the risk of injury.

## Warm Up:

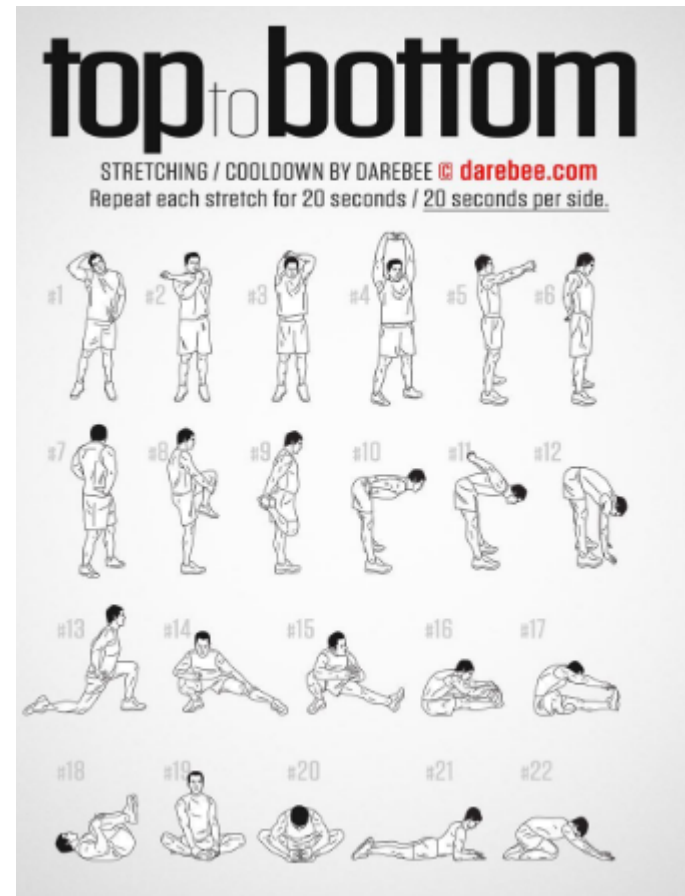
- Place an object in the centre of a clear room /garden etc to represent the middle of a circle.
- Pulse Raiser - Jog around the object in a circle 5 times, change direction for another 5 laps then, from the outside jog into the middle of the circle and back x5, repeat x5 but on way back, jog backwards – repeat the whole lot 5 times.
- Perform dynamic stretches going into the middle of the circle and back out again – repeat movement 10 times for each muscle group. Some examples are – walking lunges, heel flicks, high knees, side steps, hamstring walks, squat jumps, arm rotations, horizontal arm swings and finish off with 10 press ups and 10 sit ups.
- Activity specific – sprint into middle of circle and back to the outside 10 times.

# Why Cool Down?

An **effective cool down** allows the body's systems to **recover after exercise**, reducing a performer's heart rate and breathing rate **back to their resting rates**.

It helps **remove waste products** – including **lactic acid and carbon dioxide** that have built up in your muscles during the main activity.

It also prevents or **reduces the likelihood of DOMS**. DOMS stands for **Delayed Onset Muscle Soreness** and it refers to the pain you feel in your muscles the day after exercise



# Cool Down

**Cool down Explanation:** Ensure you cool down after exercise to remove lactic acid and reduce the chance of muscle soreness the next day.

Walking is a great form of cooling down, it keeps the blood moving around the body and flushes out the toxins.

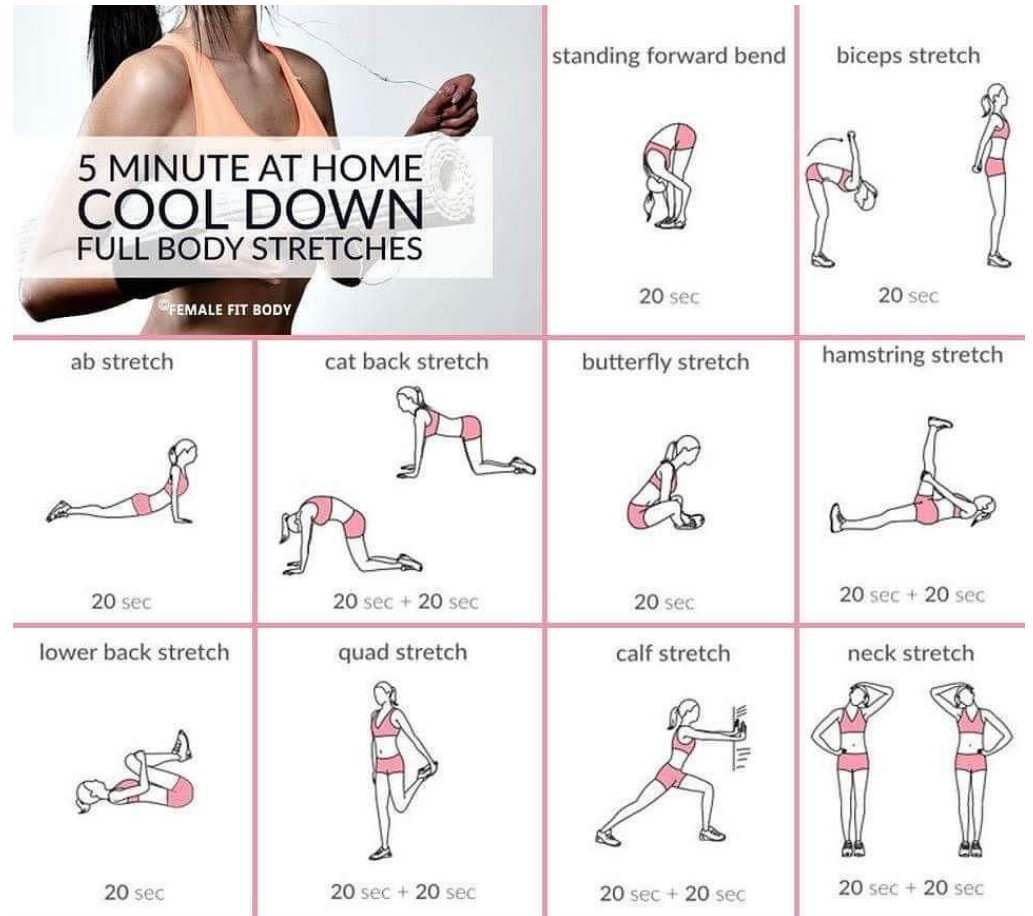
1. Walk for 5 minutes after your session, this could be back to your house, in the garden or around the house if you're stuck inside
2. Complete the stretches in the diagram, holding each one for 30 seconds
3. Particularly focus on the muscle groups used in your workout



# Cool Down

## Cool down:

1. Standing forward bend
2. Biceps stretch
3. Ab stretch
4. Cat back stretch
5. Butterfly stretch
6. Hamstring stretch
7. Lower back stretch
8. Quad stretch
9. Calf stretch
10. Neck stretch



# Cool Down

**Cool down Explanation:** A cool down is important to reduce our heart rate back towards resting, increase flexibility and reduce the likelihood of sore muscles.

## Cool Down: Skating on the Spot

While standing on the spot, imitate a skating motion by extending the right then left leg away from the body at a back/side angle.

Swing the arms.

Continue this skating motion for 1-2 minutes.

Find a tiled floor (kitchen) and wear socks, or get two pieces of paper on a carpet



# Cool Down

Cool down:





# Monday 23<sup>rd</sup> March 2020

**Session Explanation:** This total body pyramid workout includes no weights at all. The entire full body workout can be done anywhere using your body weight alone. That's right . . . this is a complete no equipment workout.

Remember to keep good form and push yourself throughout the entire pyramid workout. (If you need to, reduce the number for each session but ensure it increases in multiples of 10). You've got this!

## Session:

1. 10 Burpees
2. 40 Lunges (20 each side)
3. 30 Tuck jumps
4. 40 Tricep dips
5. 50 Star jumps
6. 60 Rear leg lifts
7. 70 Side to side shuffles
8. 80 Seconds plank
9. 90 Seconds skipping (Imaginary rope if you don't have one)
10. 100 Squats



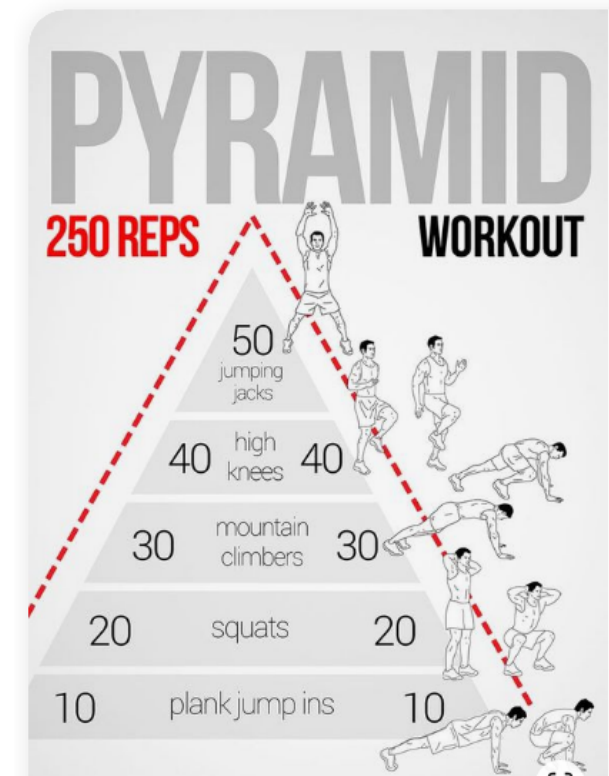
# Tuesday 24<sup>th</sup> March 2020

**Session Explanation:** This total body pyramid workout includes no weights at all. The entire full body workout can be done anywhere using your body weight alone. Once you get to the top of the Pyramid; 50 Jumping Jacks, you then have to work back down to 10 Plank Jump Ins.

Remember to keep good form and push yourself throughout the entire pyramid workout. (If you need to, reduce the number for each session but ensure it increases in multiples of 10).

## Session:

1. 10 Plank Jump Ins
2. 20 Squats
3. 30 Mountain Climbers
4. 40 High Knees
5. 50 Jumping Jacks
6. 40 High Knees
7. 30 Mountain Climbers
8. 20 Squats
9. 10 Plank Jump Ins



# Wednesday 25<sup>th</sup> March 2020

**Session Explanation:** **Interval training** is a type of **training** that involves a series of high intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.

**Session:** This session is great to do with family members, but can be adapted to do on your own if necessary.

1. Go out side, this could be your garden or pavement
  - Set a distance of approx. 50m (again this could be adapted to your space)
  - 1 at time as a family, sprint this distance and tag the next person to go
  - Continue this until you have run 3x 5 sets of sprints with a rest between each set
2. 1<sup>st</sup> family member sprints the distance, 2<sup>nd</sup> family member sets off 3 seconds after and tries to catch them
  - Swap over and repeat
  - Aim for 5 each
3. Using a step/different level/safe kerb complete 20 step up followed by 20 box jumps

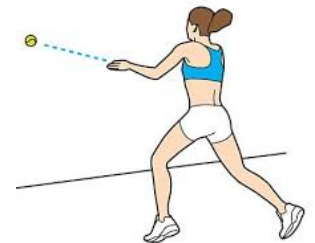


# Thursday 26<sup>th</sup> March 2020

**Session Explanation:** Coordination ball skills.

**Session:** Using any ball you have at home and a wall (side of the house, garage wall, park wall etc..)

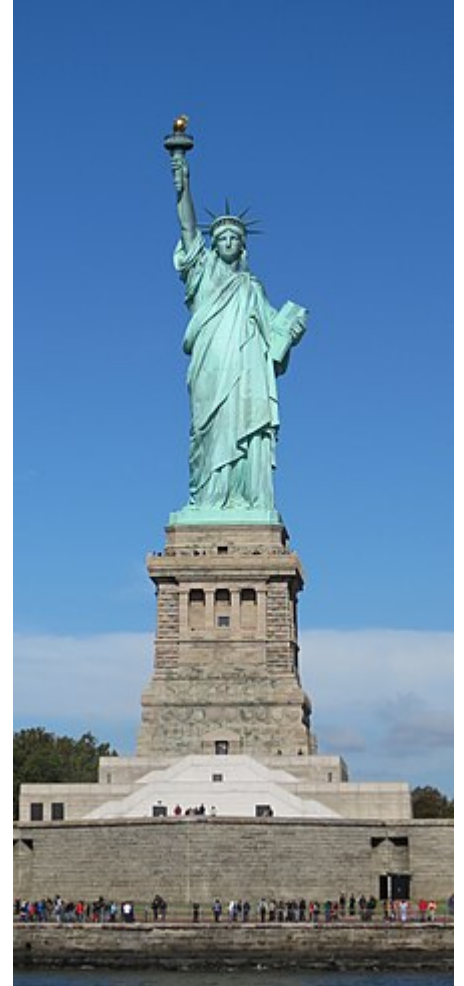
1. Throw the ball against the wall and catch with 2 hands x10
2. Throw the ball against the wall with 1 hand and catch with 2 hands x10
3. Throw the ball against the wall with 1 hand, catch with 1 hand x10
4. Kick the ball against the wall, rolling and volleys x10 each
5. With a family member, alternate 1 throws the ball the other catches x10
6. Make this into a game, where 1 throws and the other catches, 1 point for a successful catch, catcher then throws etc... make it hard by using angle or varying height so your opponent has to move to catch it. Make it easier by adding a bounce if needed. This game also works well with a racket and ball if you have 1



# Friday 27<sup>th</sup> March 2020

**Session Explanation:** The Statue of Liberty Challenge

**Session:** There are a total of 354 steps from bottom to the top of the statue of Liberty. The challenge today is to climb the equivalent number of steps in your house.

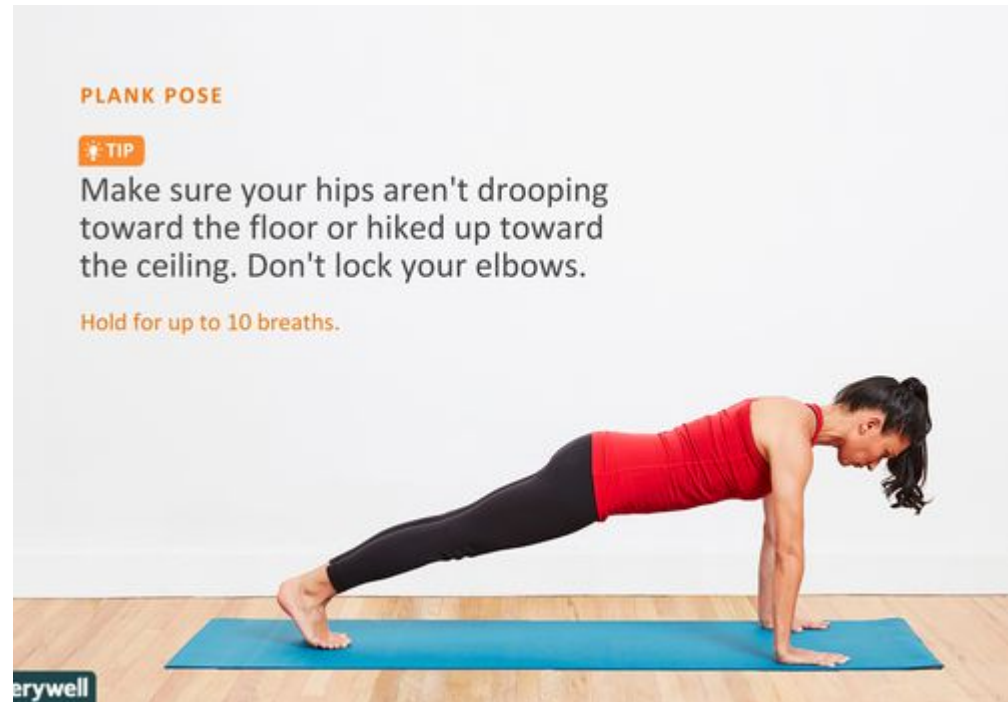




# Thursday 16<sup>th</sup> April 2020

**Session Explanation:** PLANK CHALLENGE! George Hood, former marine, age 62 set the world record for a plank of 8 HOURS and 15 MINUTES!!

**Session:** Challenge – can you and everyone in your house see how long you can hold the plank throughout the day! Happy planking



# Friday 17<sup>th</sup> April 2020

**Session Explanation:** HIIT Session. Complete the session below lasting 12 minutes. Ensure that you rest for 10 minutes before completing the same session for a second and final time. You may need to GOOGLE some of the exercises if you don't know what they are.

## **Session: HIIT Section:** 24 Minutes Total

1. 1 Minute High Knees
2. 1 Minute Rocket Squats
3. 1 Minute Jumping Lunges
4. 1 Minute Lateral Jumps
5. 1 Minute Lizard Hops
6. 1 Minute Plank Jacks
7. 1 Minute Squat Jacks
8. 1 Minute Broad Jumps
9. 1 Minute Burpee
10. 1 Minute Walk Down Push Ups
11. 1 Minute Star Jumps
12. 1 Minute Jumping Jack



<https://www.fitnessblender.com/videos/intense-at-home-hiit-routine-no-equipment-hiit-workout-video-with-low-impact-modifications>



# Monday 20<sup>th</sup> April 2020

**Session Explanation:** HIIT Session. Complete the session below lasting 12 minutes. Ensure that you rest for 10 minutes before completing the same session for a second and final time. You may need to GOOGLE some of the exercises if you don't know what they are.

**Session: HIIT Section:** 24 Minutes Total

1. 1 Minute Agility Dots (Clockwise)
2. 1 Minute Agility Dots (Counter-Clockwise)
3. 1 Minute Runners (Left)
4. 1 Minute Runners (Right)
5. 1 Minute Side Plank Kick (Left)
6. 1 Minute Side Plank Kick (Right)
7. 1 Minute Side Lunge Pops (Left)
8. 1 Minute Side Lunge Pops (Right)
9. 1 Minute Knee (Left)
10. 1 Minute Knee (Right)
11. 1 Minute Clock Lunge (Left)
12. 1 Minute Clock Lunge (Right)



<https://www.fitnessblender.com/videos/intense-at-home-hiit-routine-no-equipment-hiit-workout-video-with-low-impact-modifications>

# Tuesday 21<sup>st</sup> April 2020

**Session Explanation:** The Statue of Liberty Challenge

**Session:** There are a total of 674 steps up to the 2<sup>nd</sup> floor of the Eiffel Tower. The challenge today is to climb the equivalent number of steps in your house. You need to decide whether you can do this in 1 go (Doubtful) 2 go's or more. Remember to take on fluid and rest when you need to.

In total, there are 1665 **steps** from the esplanade up to the top of the **Eiffel Tower**, but the **stairway** from the 2nd floor to the top **is** not open to the public



# Wednesday 22<sup>nd</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 1**

**Session:** <https://www.youtube.com/watch?v=06cBKk6Xkg0>



# Thursday 23<sup>rd</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 2**

**Session:** [https://www.youtube.com/watch?v=dA8YrNg\\_Zl4](https://www.youtube.com/watch?v=dA8YrNg_Zl4)



# Friday 24<sup>th</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 3**

**Session:** <https://www.youtube.com/watch?v=7rRH8C4i2IA>



# Monday 27<sup>th</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 4**

**Session:** <https://www.youtube.com/watch?v=eXnf0Walhp8>



# Tuesday 28<sup>th</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 5**

**Session:**

<https://www.youtube.com/watch?v=pbN5VwIwG0g>



# Wednesday 29<sup>th</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 6**

**Session:** <https://www.youtube.com/watch?v=Y1BJUkoPxPw>





# Thursday 30<sup>th</sup> April 2020

**Session Explanation: Joe Wicks 7 Day Sweat Challenge – Day 7**

**Session:**

[https://www.youtube.com/watch?v=C4a0D36\\_e2E](https://www.youtube.com/watch?v=C4a0D36_e2E)



# Friday 1<sup>st</sup> May 2020

**Session Explanation: Circuit Training** - The goal of circuit training is to keep your heart rate up. Ideally, if you are physically able, you should go from one exercise to another without stopping with a short rest after the whole circuit. Repeat the circuit 3 times.

## Session:

1. Jump rope: 2-3 minutes
2. Jumping jacks: 25 reps
3. Body weight squats: 20 reps
4. Lunges: 5 reps each leg.
5. Hip extensions: 10 reps each side
6. Hip rotations: 5 each leg
7. Forward leg swings: 10 each leg
8. Side leg swings: 10 each leg
9. Push ups: 10-20 reps
10. Spider-man steps: 10 reps





# Tuesday 5<sup>th</sup> May 2020

**Session Explanation: Circuit Training** - The goal of circuit training is to keep your heart rate up. Ideally, if you are physically able, you should go from one exercise to another without stopping with a short rest after the whole circuit. Repeat the circuit 3 times.

## Session:

1. Bodyweight squats: 20 reps
2. Push-ups: 10 reps
3. Walking lunges – 10 each leg
4. Dumbbell rows (using a gallon milk jug or another weight): 10 each arm.
5. Plank: 15 seconds
6. Jumping jacks: 30 reps





# Thursday 7<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 1 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

**Session:** <https://www.youtube.com/watch?v=lsCtyv9NAQM>



# Monday 11<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 2 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=dXkcWgznrWI&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=2](https://www.youtube.com/watch?v=dXkcWgznrWI&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=2)



# Tuesday 12<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 3 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=K9ii0BpJRdg&list=PLyCLOpd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=3](https://www.youtube.com/watch?v=K9ii0BpJRdg&list=PLyCLOpd4VxBvAL1NlxOog1RB5_tJA4pVc&index=3)





# Wednesday 13<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 4 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=RaAatMwx0fA&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=4](https://www.youtube.com/watch?v=RaAatMwx0fA&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=4)



# Thursday 14<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 5 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=ds0hh8bMn9o&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=5](https://www.youtube.com/watch?v=ds0hh8bMn9o&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=5)



# Friday 15<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 6 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=anvTBmWXNZQ&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=6](https://www.youtube.com/watch?v=anvTBmWXNZQ&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=6)



# Monday 18<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 7 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=eMs0UkvXFj4&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=7](https://www.youtube.com/watch?v=eMs0UkvXFj4&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=7)



# Tuesday 19<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 8 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=6CY2tO0eoAU&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=8](https://www.youtube.com/watch?v=6CY2tO0eoAU&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=8)



# Wednesday 20<sup>th</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 9 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

**Session:** [https://www.youtube.com/watch?v=86BYAbB-RHc&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=9](https://www.youtube.com/watch?v=86BYAbB-RHc&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=9)



# Thursday 21<sup>st</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 10 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=EcLq5Un81oI&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=10](https://www.youtube.com/watch?v=EcLq5Un81oI&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=10)



# Friday 22<sup>nd</sup> May 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 11 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=5TRQqrWoRjY&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=11](https://www.youtube.com/watch?v=5TRQqrWoRjY&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=11)





# Monday 1<sup>st</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 12 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

**Session:** [https://www.youtube.com/watch?v=G-Fz\\_OU8wes&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=12](https://www.youtube.com/watch?v=G-Fz_OU8wes&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=12)



# Tuesday 2<sup>nd</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 13 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=ybEVE9xWE3g&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=13](https://www.youtube.com/watch?v=ybEVE9xWE3g&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=13)



# Wednesday 3<sup>rd</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 14 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=ql41QgwoDVw&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=14](https://www.youtube.com/watch?v=ql41QgwoDVw&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=14)



# Thursday 4<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 15 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=orEdzLsmyb0&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=15](https://www.youtube.com/watch?v=orEdzLsmyb0&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=15)



# Friday 5<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 16 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=fBQLdGR29GM&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=16](https://www.youtube.com/watch?v=fBQLdGR29GM&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=16)



# Monday 8<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 17 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=uTVzBIEBRYk&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=17](https://www.youtube.com/watch?v=uTVzBIEBRYk&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=17)



# Tuesday 9<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 18 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=jiBJHWOUfTU&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=18](https://www.youtube.com/watch?v=jiBJHWOUfTU&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=18)



# Wednesday 10<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 19 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=b98btrbICMc&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=19](https://www.youtube.com/watch?v=b98btrbICMc&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=19)





# Thursday 11<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 20 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=04reyi8TAyE&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=20](https://www.youtube.com/watch?v=04reyi8TAyE&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=20)



# Friday 12<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 21 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

**Session:** [https://www.youtube.com/watch?v=zpOL-Y6qeQM&list=PLyCLOpd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=21](https://www.youtube.com/watch?v=zpOL-Y6qeQM&list=PLyCLOpd4VxBvAL1NlxOog1RB5_tJA4pVc&index=21)



# Monday 15<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 22 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=Vs244h1CQGo&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=22](https://www.youtube.com/watch?v=Vs244h1CQGo&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=22)



# Tuesday 16<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 23 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=y50QCYnFyL8&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=23](https://www.youtube.com/watch?v=y50QCYnFyL8&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=23)



# Wednesday 17<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 24** followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.

## **Session:**

[https://www.youtube.com/watch?v=2nLJ0odxdm4&list=PLyCLOpd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=24](https://www.youtube.com/watch?v=2nLJ0odxdm4&list=PLyCLOpd4VxBvAL1NlxOog1RB5_tJA4pVc&index=24)



# Thursday 18<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 25 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=rP3uYBzwK9Y&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=25](https://www.youtube.com/watch?v=rP3uYBzwK9Y&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=25)



# Friday 19<sup>th</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 26 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=U1gHTPy95dY&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=26](https://www.youtube.com/watch?v=U1gHTPy95dY&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=26)



# Monday 22<sup>nd</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 27 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

## **Session:**

[https://www.youtube.com/watch?v=7A3AM8S\\_wic&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=27](https://www.youtube.com/watch?v=7A3AM8S_wic&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=27)





# Tuesday 23<sup>rd</sup> June 2020

**Session Explanation: Joe Wicks 28 Day Challenge – Day 28 followed by a 10 minute brisk walk, scooter, skateboard, bike or run in your local area.**

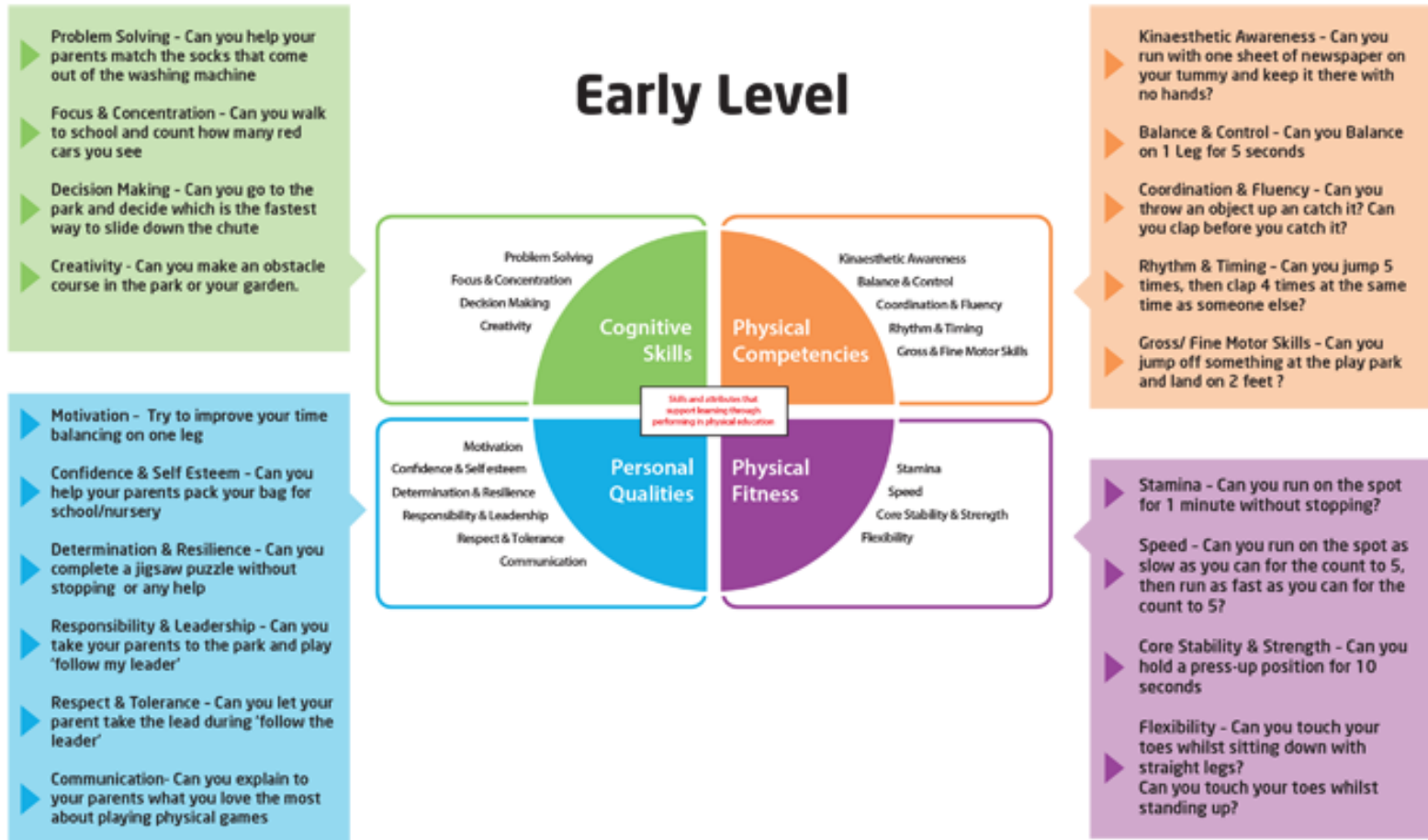
## **Session:**

[https://www.youtube.com/watch?v=buPafmiXd\\_s&list=PLyCLOPd4VxBvAL1NlxOog1RB5\\_tJA4pVc&index=28](https://www.youtube.com/watch?v=buPafmiXd_s&list=PLyCLOPd4VxBvAL1NlxOog1RB5_tJA4pVc&index=28)



# Wednesday 24<sup>th</sup> June 2020

**Session Explanation:** Attempt the skills detailed in the attached graphics. Can you complete all of the skills at all levels? (continued on next slide)



# Thursday 25<sup>th</sup> June 2020

**Session Explanation:** Attempt the skills detailed in the attached graphics. Can you complete all of the skills at all levels? (continued on next slide)

## First Level

*Skills and attributes that support learning through performing in physical education*

**Cognitive Skills**

- Problem Solving
- Focus & Concentration
- Decision Making
- Creativity

**Physical Competencies**

- Kinaesthetic Awareness
- Balance & Control
- Coordination & Fluency
- Rhythm & Timing
- Gross & Fine Motor Skills

**Personal Qualities**

- Motivation
- Confidence & Self esteem
- Determination & Resilience
- Responsibility & Leadership
- Respect & Tolerance
- Communication

**Physical Fitness**

- Stamina
- Speed
- Core Stability & Strength
- Flexibility

**Green Box (Cognitive Skills):**

- ▶ Problem Solving - Can you pack your school bag by yourself and then have your parents check it
- ▶ Focus & Concentration - Can you recall the alphabet out loud whilst music is playing in the background
- ▶ Decision Making - Can you decide between which 2 games you can play with your parents
- ▶ Creativity - Can you build a secret den using blankets and things that are around your house or garden

**Orange Box (Physical Competencies):**

- ▶ Kinaesthetic Awareness - Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can?
- ▶ Balance & Control - Can you balance on one foot on a mattress on the bed for 5 seconds?
- ▶ Coordination & Fluency - Can you perform hop scotch. Landing on 1 foot - 2 feet, 1 foot - 2 feet - 1 foot - 2 feet?
- ▶ Rhythm & Timing - Can you jump, jump clap - jump, jump clap at the same time as the music from Queen - We will rock you. Can you now try it with no music?

**Blue Box (Personal Qualities):**

- ▶ Motivation - can you walk to school everyday for a whole month
- ▶ Confidence & Self Esteem - can you arrange to meet your friend and walk to school together
- ▶ Determination & Resilience - Can you convince your parents to walk to school even in bad weather
- ▶ Responsibility & Leadership - Can you find a different route to walk to school
- ▶ Respect & Tolerance - Can you do a favour for one of your neighbours
- ▶ Communication- Can you ask your parents about what they did today when you were at school

**Purple Box (Physical Fitness):**

- ▶ Stamina - Can you do 30 star jumps without stopping?
- ▶ Speed - Can you run do 10 star jumps faster than an adult at home?
- ▶ Core Stability & Strength - Can you hold the plank on 1 elbow and one foot (keep your legs and belly off the ground)?
- ▶ Flexibility - Can you sit on the floor with your legs wide apart, how low can you get your chest to the floor

# Friday 26<sup>th</sup> June 2020

**Session Explanation:** Attempt the skills detailed in the attached graphics. Can you complete all of the skills at all levels? (continued on next slide)

## Second Level

- ▶ Problem Solving - Can you arrange a games night for your family
- ▶ Focus & Concentration - Can you spell words whilst throwing and catching a ball between you and your family
- ▶ Decision Making - Can you organise your bedroom to help keep it tidy
- ▶ Creativity - Can you invent a new game with your parents that involves a ball and a scoring system

- ▶ Motivation - can you and your family take a 15 minute walk after dinner at least twice a week
- ▶ Confidence & Self Esteem - can you list five things that you excel at in life
- ▶ Determination & Resilience - Can you select 2 things that you will improve at home during this school term
- ▶ Responsibility & Leadership - Can you take a food shopping list and with your parents support complete the shopping
- ▶ Respect & Tolerance - Can you choose some of your toys or games that you haven't used for a while and donate them to charity
- ▶ Communication - Can you write a letter to a member outside your immediate family and post it to them



- ▶ Kinaesthetic Awareness - Can you do 3 Full Turn Jumps on the spot, at the same speed and landing with control (no falling)?
- ▶ Balance & Control - Can you jump from the ground onto the couch/ bed, landing taking off 2 feet and landing on 2 feet without falling?
- ▶ Coordination & Fluency - Can you balance on one leg and move your arms like a windmill in opposite directions?
- ▶ Rhythm & Timing - Can you do 3 jumps, straight into a forward roll then straight into 3 jumps again?
- ▶ Gross / Fine Motor Skills - Can you get someone to throw a ball to you and hit it with a bat? Can you mark where the ball lands and beat this target?

- ▶ Stamina - Can you time how long you can run on the spot without having to stop
- ▶ Speed - How quickly can you complete 10 press-ups and 10 sit-ups
- ▶ Core Stability & Strength - Can you carry the shopping bags into your kitchen for your parents
- ▶ Flexibility - Can you do a backbend or crab

# Monday 29<sup>th</sup> June 2020

## Session Explanation: House golf

**Session:** Create a sock ball and use something as a golf club (your foot would work).

Design and draw a series of 'golf holes' including a tee-off (place to start) and a hole (finish).

With a partner or individually, complete the course in as few shots as possible. Use obstacles, include the stairs, use your imagination.

<https://www.youtube.com/watch?v=62ViNWCrKDE>



# Tuesday 30<sup>th</sup> June 2020

**Session Explanation:** Fartlek training. Complete 6 100% intensity sprints for the set distance. This must be done as fast as you can in a safe environment outside your home.

## Session:

1. Run 1 – 15s sprint followed by a 45s walk
2. Run 2 – 20s sprint followed by a 40s walk
3. Run 3 – 30s sprint followed by a 30s walk
4. Run 4 – 40s sprint followed by a 20s walk
5. Run 5 – 40s sprint followed by a 15s walk
6. Run 6 – 50s sprint followed by a 10s walk
7. 2 Minute gentle jog in your local area.  
(Stay safe and be responsible)



# Tuesday 30<sup>th</sup> June 2020

**Session Explanation:** 12 Minute run. Complete a 12 minute run in a safe environment near your home at a moderate intensity.

**Session:**

1. 12 Minute moderate intensity run in your local area. (Stay safe and be responsible)



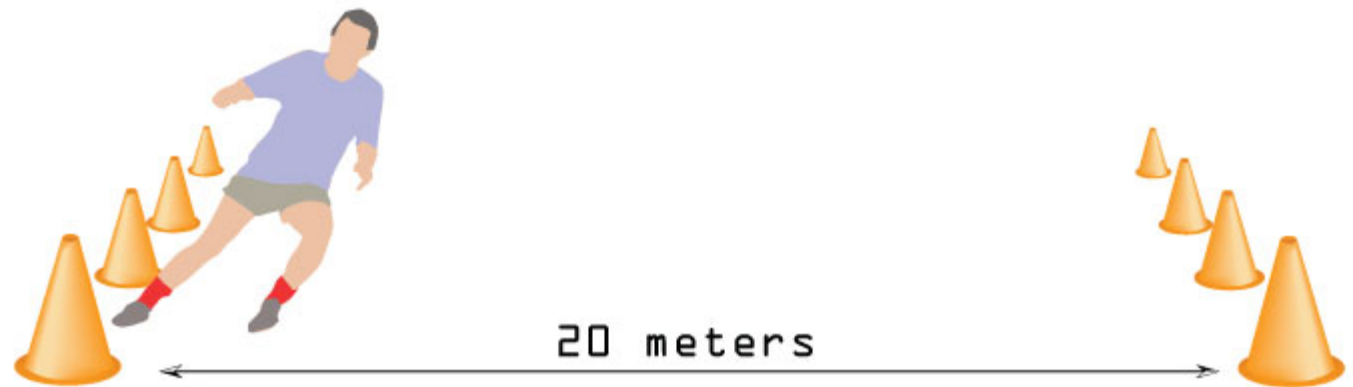
# Tuesday 30<sup>th</sup> June 2020

**Session Explanation:** Shuttle sprints. Complete between 6-8 sets of the below distance sprints. This must be done as fast as you can in a safe environment outside your home.

## Session:

### Set 1

- 10m sprint, walk back – 1 Minute rest
- 20m sprint, walk back – 1 Minute rest
- 30m sprint, walk back – 1 Minute rest
- 40m sprint, walk back – 1 Minute rest





# Wednesday 1<sup>st</sup> July 2020

**Session Explanation:** Develop your agility – the ability to change direction quickly.

## Session:

- Swap cones for any objects/clothing/bottles etc.
- Games must be completed at maximum speed and intensity to be effective.
- Have a short rest of 45-60sec in between each game.
- Spend 15mins on each.

### Knee Tag

#### Equipment:

- Cones
- Assistant
- Stop Watch

#### Instructions:

- Set up an area approximately 5m x 5m.
- Assistant acts as referee/time keeper.
- When assistant says 'Go' 2 people try to tag each other on the knees as many times as possible in 30 seconds.
- Person that makes the most tags wins.

**Extension:** Keeping a focus on agility, how can you make this harder?



### Line Race

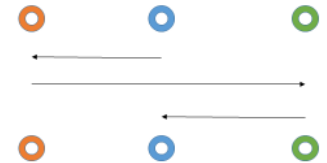
#### Equipment:

- Cones
- Assistant

#### Instructions:

- Set the cones up to make 3 lines.
- Start astride of the middle line.
- When the assistant says 'Go' sprint to the line to your left, then the far line and then back to the middle.
- Race against another person, best of 3!

**Extension:** Keeping a focus on agility, how can you make this harder?



# Thursday 2<sup>nd</sup> July 2020

**Session Explanation:** Develop your agility – the ability to change direction quickly.

## Session:

- Each go must be completed at maximum speed and intensity to be effective.
- Have a short rest of 30-45sec in between each go.
- Spend 15mins on each.

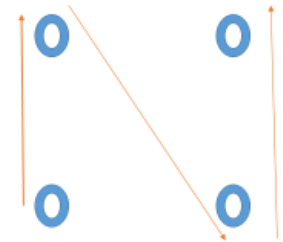
## N Drill

### Equipment:

- 8 Cones (use cans, socks etc instead)

### Instructions:

- Set up 'N' x2.
- Practise a couple of times.
- Make sure you go around the cones!
- 2 people race (1 on each 'N') - best of 3!
- **If doing alone** - set up 1 - time yourself or film it on phone to see how to improve and to time it.



**Extension:** Keeping an agility focus, how can you make this harder?

## Agility Ladder

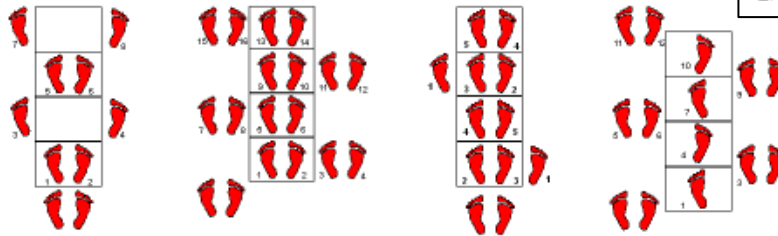
### Equipment:

- 2 agility ladders
- Assistant

### Instructions:

- 2 people have a ladder each.
- Select the drill that you both want to try.
- Practise a couple of times.
- Race - best of 3!
  
- If you don't have a partner focus on speed and precision - why not time yourself on your phone or video yourself to see time and if you made any mistakes!
- Can be done inside or out - you could even make up your own footwork pattern!

**Create agility ladders using rope / string / chalk / socks...etc. etc**



# Friday 3<sup>rd</sup> July 2020

**Session Explanation:** Develop your muscular endurance and cardiovascular fitness – complete the virtual building or mountain climb challenge!

**Session:** Chose your personal challenge.

Complete it over a number of sessions, days and/or weeks.

Walking down the stairs doesn't count – only going up!

Don't forget to keep a tally of stairs climbed.

Start off with a few minutes and then rest – keep repeating for 30min minimum (including rest time) – listen to your body and work within your means but, challenge yourself.

A good cool down is essential.

Do it in pairs/as a family – continuous relay style – one works, others rest.

| Virtual Mountains     | Stairs | Virtual Buildings         | Stairs |
|-----------------------|--------|---------------------------|--------|
| Scafell Pike, England | 6180   | Sydney Opera House        | 425    |
| Snowdon, Wales        | 7120   | Clifton Suspension Bridge | 490    |
| Ben Nevis, Scotland   | 8810   | Big Ben                   | 632    |
| Mont Blanc, France    | 30420  | BT Tower, Birmingham      | 997    |
| Kilimanjaro, Tanzania | 38680  | Blackpool Tower           | 1036   |
|                       |        | Canary Wharf Tower        | 1600   |



# Monday 6<sup>th</sup> July 2020

**Session Explanation:** Develop your co-ordination – learn to juggle!

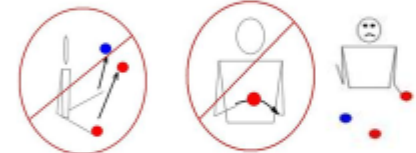
**Session:** Follow the steps in order. Don't progress until you have mastered a step. Use what you have- balls, socks..etc.

[video](#)

## Some Common Difficulties For New Jugglers

- Throwing forward instead of along a flat plane to the other hand.
- Juggling while facing a wall may help you with this problem.
- Handing off instead of tossing.
- Sticking your tongue out! Yes, everyone does this at first.

## Things to avoid.....



Throwing Forward

Handing Off

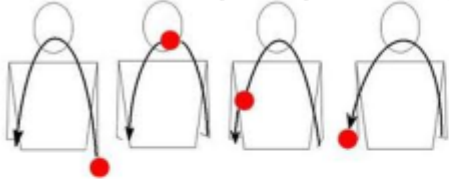
Don't Give Up

•Giving up... Don't do it!

• Like I said practice and follow these juggling instructions!

## Juggling Instructions Step 1 – Proper Throw For The Three Ball Cascade

This is a throw that arches nicely at about eye level. Throw with your arm, not your wrist. Catch the ball like you are catching an egg... gently

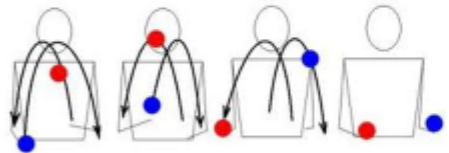


## Step 2 – Throwing a 2 ball Cascade

Throw each object the same way you throw one ball. When it is almost to your other hand, throw the second one.

This is one of the hardest parts... don't throw the second one too soon!

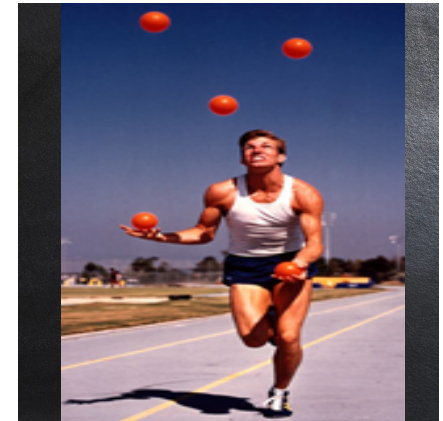
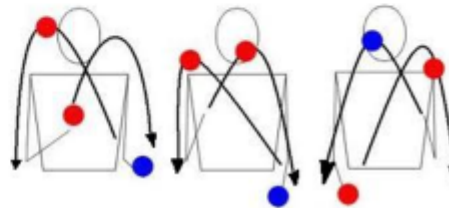
Once you get the timing of the throw down, practice throwing back and forth, alternating hands.



## Step 3 – Throwing a 3 Ball Cascade

This is nothing different from a 2 ball cascade as far as how you throw. The only thing new here is obviously the 3rd ball. Start with 2 balls in one hand and begin by throwing only 1 of those balls. Each time you throw a ball you must throw the ball in the hand it should land in.

I can't say much more than that except, go for it! Just force yourself to throw each time alternating hands. You'll drop a lot at first but you're going to get it soon!



# Tuesday 7<sup>th</sup> July 2020

**Session Explanation:** Taking weight on your hands is important for gymnastics and will improve your strength.

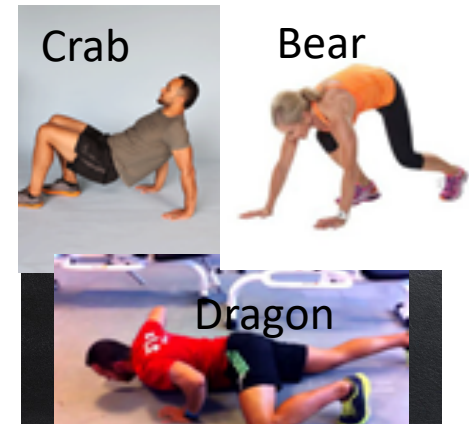
## Session:

Balancing challenge – set a start and finish line – this could be a timed challenge, a race or just a completion one!

1. Perform a crab walk forwards balancing an item e.g. rolled up pair of socks on your stomach-restart if falls off.
2. Repeat 1 but backwards.
3. Repeat 1&2 but using a bear walk and balance item on your neck.
4. Complete 1&2 but using a dragon walk (body just off floor – remain on hands and feet only – balance item on lower back.

Challenge – can you think of any other weight on hands exercises that you could do?

Can you balance the item in a more difficult place?



# Wednesday 8<sup>th</sup> July 2020



**Session Explanation:** Demonstrate agility, balance and speed in a fast-paced challenge.

**Session:** Place a washing basket (or something where you can place things) in the middle of a room. Place 2 pairs of socks (or individual socks) into each corner of the room (8 pairs in total). Start next to the basket in the middle of the room and try to collect all the pairs of socks as quick as you can. You can only take one pair of socks each time, and you must return them to the basket before you get the other pair. Once you have all the pairs back in the basket, have a quick rest, and then put them all back out, one at a time. Complete this 5 times (in and out). Time each go, and set a PB.

Next, place the basket in the centre of the house on the ground floor. Then, place the 8 pairs of socks in 4 different rooms in the house (2 pairs in each room). If possible, try and place them in 2 upstairs rooms, and 2 downstairs rooms. Start by the basket and try to collect all the pairs, one at a time, returning them to the basket before going to get another one. Complete this 5 times (in and out). Time each go and set a PB.

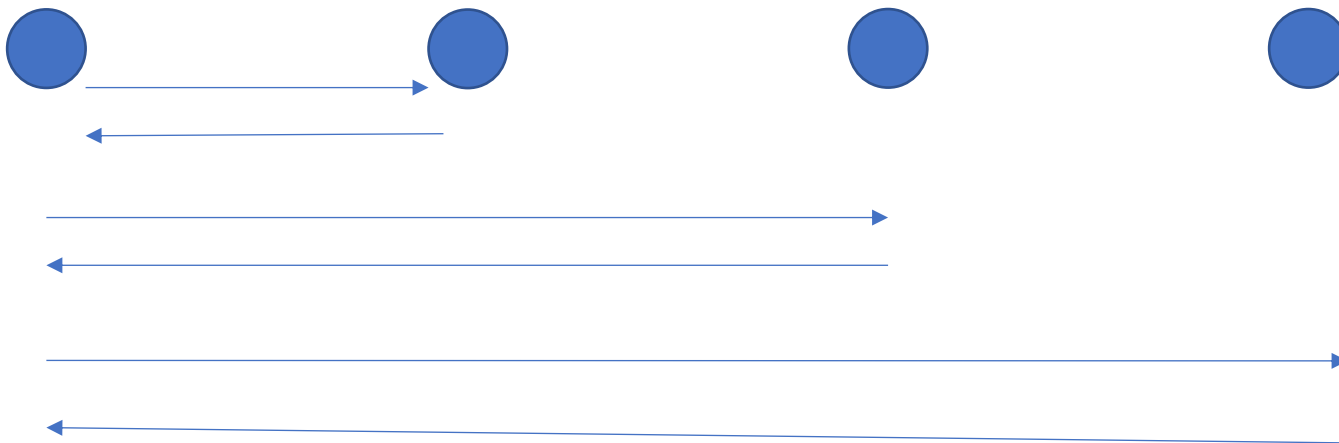
Finally, if possible, place the basket in the centre of the garden/enclosed driveway. Then place 2 pairs of socks in each corner of the garden/enclosed driveway. Start by the basket and collect all the pairs, one at a time, returning them to the basket before going to get another one. Complete this 5 times (in and out). Time each go and set a PB

# Wednesday 8<sup>th</sup> July 2020

**Session Explanation:** Lamp post shuttle runs- demonstrating cardiovascular fitness, agility and speed

**Session:** Find a safe area with at least 3 lampposts spaced evenly apart. This should have a wide pavement, and not be by or on a main road. If this is not possible, use neighbouring houses doors as marker points. If this is not possible, you can use spare shoes as markers. Follow the diagram below to remind yourself of shuttle runs.

Time yourself, try at least 10 times and average your best time.



## Variations:

Different movement  
(sidesteps, skipping,  
jumping)

Add different mode  
of transport (bike,  
scooter,  
skateboard)

Add equipment  
(football,  
basketball)

# Thursday 9<sup>th</sup> July 2020

**Session Explanation:** Develop muscular strength and endurance using a chair

**Session:** Complete the chair circuit below- repeat 5 times

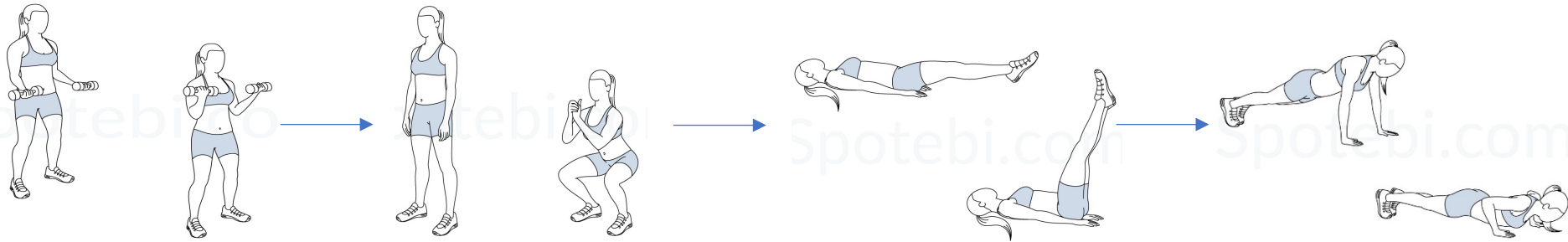
| Exercise Name               | How to   | Repetitions        |
|-----------------------------|--|--------------------|
| <b>Seated Jacks</b>         | Sit on the chair with legs together. Quickly open legs to the side , landing on heels and extending arms overhead  | <b>30</b>          |
| <b>Leg Lift &amp; Twist</b> | Sit on edge of chair, extend right leg out in front, arms crossed over chest, rotate torso to the right. Return to start and repeat on left                    | <b>20 per side</b> |
| <b>Triceps Dips</b>         | Put hands on edge of chair, shoulder width apart. Slide of the chair and hold yourself up. Lower yourself as low as you can go then push back up               | <b>20</b>          |
| <b>Chair Plank</b>          | Place forearms on the chair , extend legs, maintaining a straight line from your head to toe- hold the position for 1 minute                                   | <b>3 times</b>     |
| <b>Leg Extensions</b>       | Sit on the chair, legs together. Lift both legs to parallel with the floor, hold them for 3 seconds and then lower them.                                       | <b>30</b>          |
| <b>Seated Press Up</b>      | Sit on the chair, and hold the seat on the chair with both hands by your hips. Push into the seat and hold your body off the chair. Lower yourself and repeat. | <b>20</b>          |
| <b>Chair Squats</b>         | Sit on the chair, stand up off the chair, squat to just above the chair and then stand up again  | <b>30</b>          |



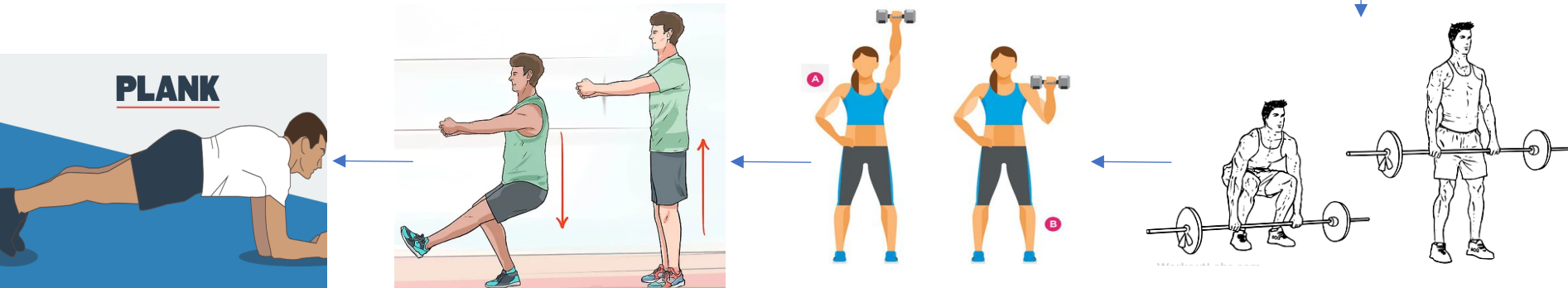
# Friday 10<sup>th</sup> July 2020

**Session Explanation:** Develop muscular strength

**Session:** Put school books in your school bag. Make this a weight that is comfortable to hold. Work for 40 seconds, rest for 20.



You can do this circuit with an without your bag! 20 minutes!



# Monday 13<sup>th</sup> July 2020

**Session Explanation:** Flexibility is crucial in a number of sports- one session is one week- do not overdo it- do what you can do- repeat the week 3 times in one session.

LOGILATES

## # Stretch Revolution

28 days of stretches! Hold each pose for 1 min each side.

### WEEK 1: LEGS & HIPS



### WEEK 2: BACK



### WEEK 3: CHEST & SHOULDERS



### WEEK 4: TOTAL BODY

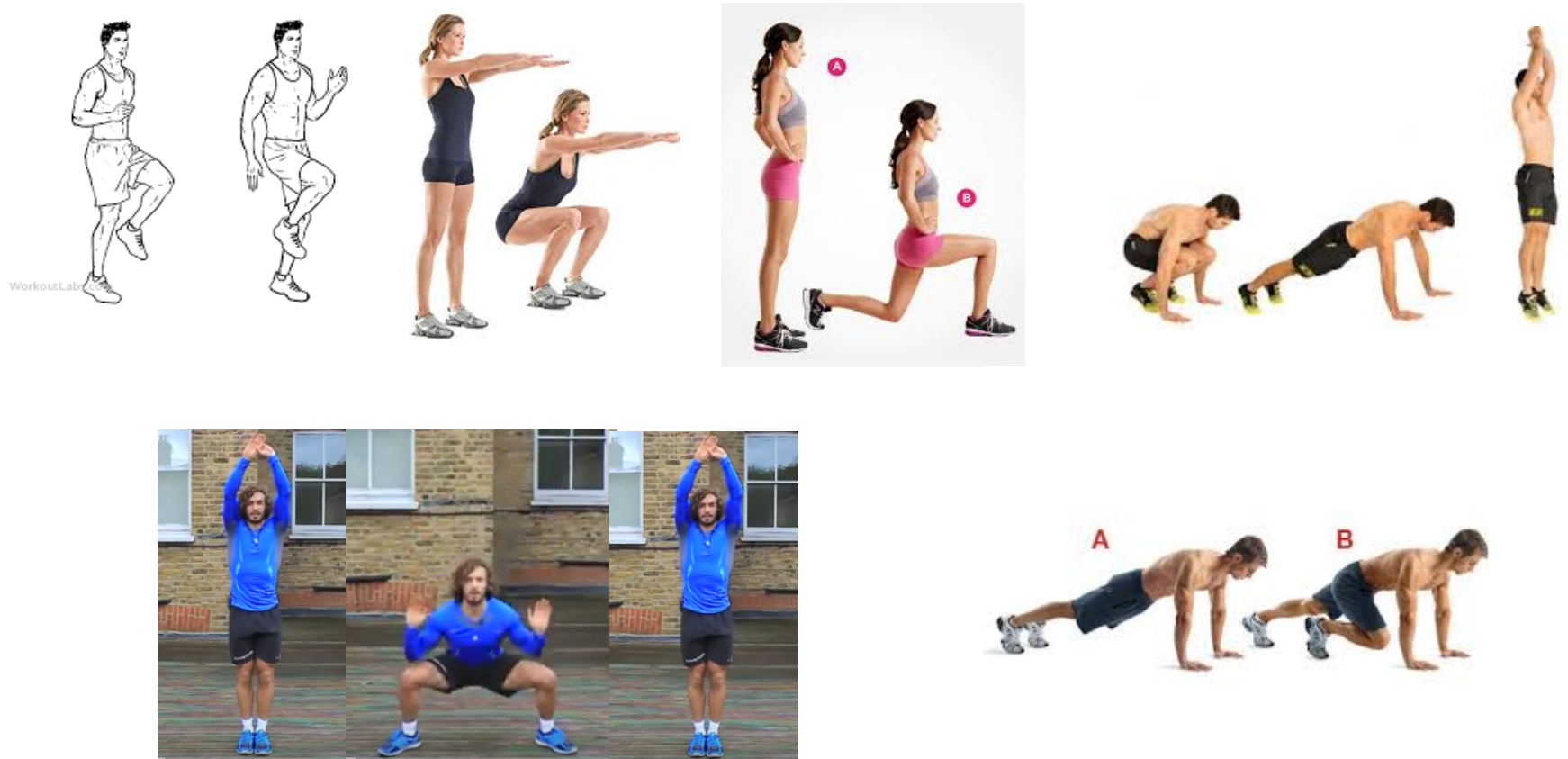


# Tuesday 14<sup>th</sup> July 2020

**Session: Garden workout.** Play the link on your phone/ laptop and follow the session.

<https://www.youtube.com/watch?v=q20pLhdoEoY>

**These are exercises you will cover:**



# Wednesday 15<sup>th</sup> July 2020

## Session: Keepy ups challenge

**Session Explanation:** Make a ball out of a pairs of socks or a toilet roll and see how many keepy ups you can do in a row. Challenge the people you live with.



# Thursday 16<sup>th</sup> July 2020

Complete both chair circuits twice with 1 minutes rest between each circuit.

**LUNGE**

**STEP UPS**

**HIP THRUST**

**PUSH-UP**

**TOE TAPS**

**DIPS**

**6 Easy Chair Exercises**

EASY: 10 reps  
MED: 15 reps  
HARD: 20 reps

@growwithjo

Go with it

**Full body circuit**

**10 crunch kicks**

**10 side-to-side knee sweeps**

**10 knee-to-elbows**

**10 leg raises**

**10 cycling crunches**

**10 sitting twists**

**Abdominal circuit**

# Friday 17<sup>th</sup> July 2020

## Session: Toilet Roll Bowling

**Session Explanation:** You need 10 cardboard tubes from toilet roll and pair of socks for a bowling ball.

Set the tubes/ pin up in a triangle and agree a distance to bowl from. Each person has two attempts to get all the pins down.

You could even get creative and decorate your pins.

Keep score and challenge the people you live with.



# Monday 20<sup>th</sup> July 2020

**Session:** Individual Workout

## Session

### Explanation:

Spell out your First, Middle & Last name!

30 seconds rest between each letter/exercise

## Spell Your Name

& do the workout!

---

|                                |                                |
|--------------------------------|--------------------------------|
| <b>A:</b> 15 Push Ups          | <b>N:</b> 10 Push Ups          |
| <b>B:</b> 50 Jumping Jacks     | <b>O:</b> 20 Lunges            |
| <b>C:</b> 20 Crunches          | <b>P:</b> 10 Tricep Dips       |
| <b>D:</b> 10 Burpees           | <b>Q:</b> 20 Jumping Jacks     |
| <b>E:</b> 60-second Wall Sit   | <b>R:</b> 45-second Plank      |
| <b>F:</b> 20 Arm Circles       | <b>S:</b> 30 Bicycle Crunches  |
| <b>G:</b> 20 Squats            | <b>T:</b> 45-Second Wall Sit   |
| <b>H:</b> 30 Jumping Jacks     | <b>U:</b> 40 High Knees        |
| <b>I:</b> 60-second Plank      | <b>V:</b> 30 Squats            |
| <b>J:</b> 20 Mountain Climbers | <b>W:</b> 15 Tricep Dips       |
| <b>K:</b> 40 Crunches          | <b>X:</b> 10 Mountain Climbers |
| <b>L:</b> 12 Burpees           | <b>Y:</b> 12 Jumping Lunges    |
| <b>M:</b> 15 Squats            | <b>Z:</b> 30 Crunches          |

Looking for a Challenge?

Spell out your FIRST, MIDDLE, & LAST name!

# Tuesday 21<sup>st</sup> July 2020

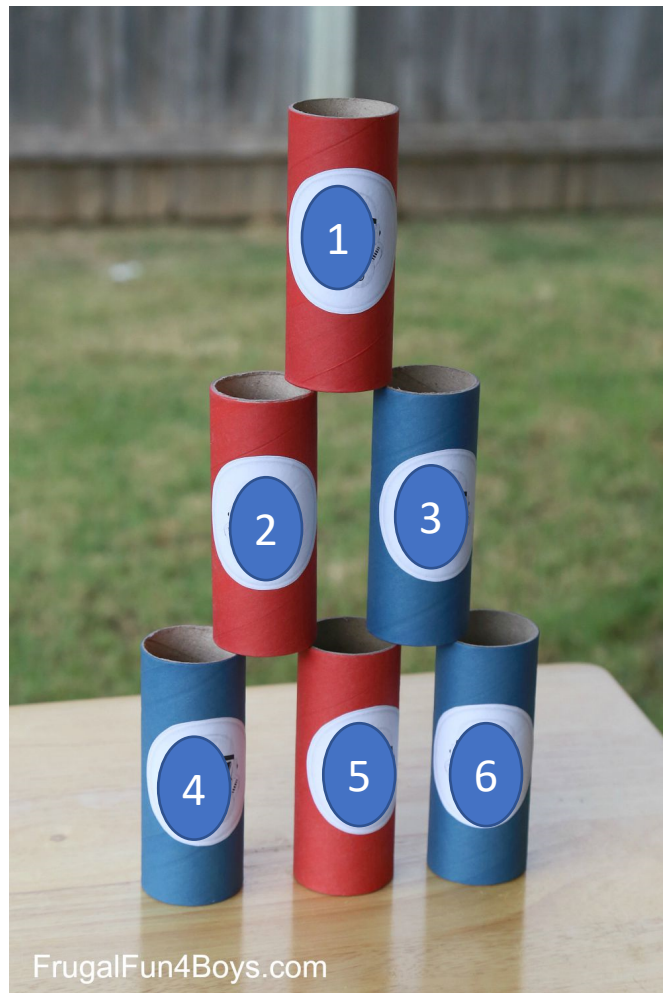
## Session: Target throwing

**Session Explanation:** Use at 6 cardboard tubes from toilet rolls and set them up as shown.

Make a ball from a pair of socks.

Agree a distance to throw from and each player had two attempts to knock them all over.

Challenge the people you live with.





# Wednesday 22<sup>nd</sup> July 2020

## Session: Sock Juggling

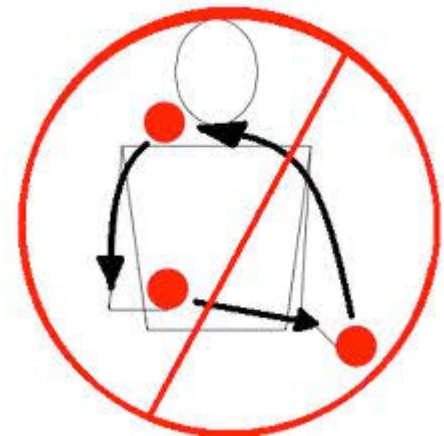
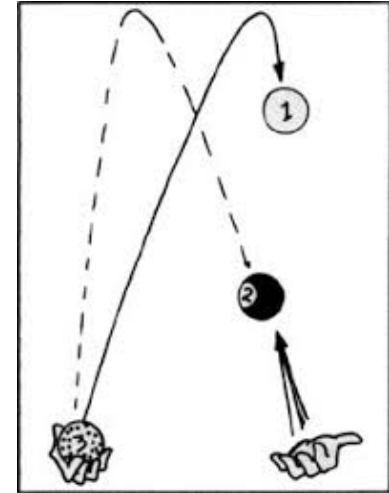
**Session Explanation:** You will need 2 or 3 pairs of socks depending on how good you are.

Make each pair of socks into a ball.

Master two balls then go to three.

Use the web link to give you teaching points.

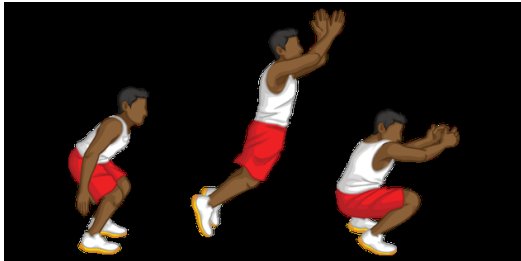
<https://www.youtube.com/watch?v=JZmmOdnIjG4>



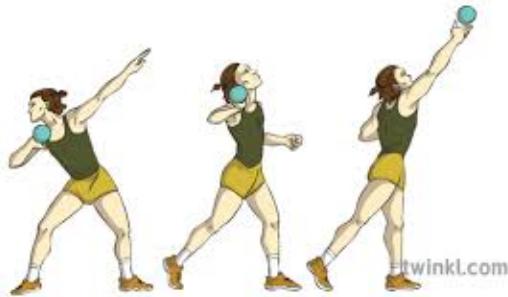
# Thursday 23<sup>rd</sup> July 2020

## Session: Home Athletics Challenge

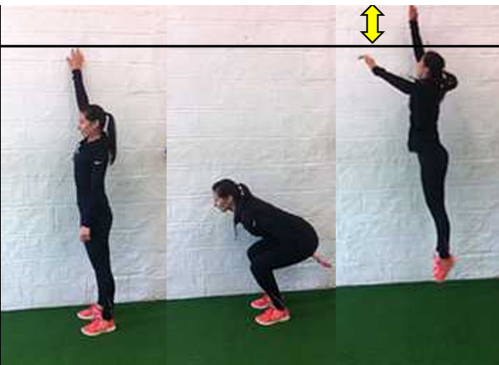
Compete against the people in your house in the following events.



**Standing long jump:** agree a starting point. Jump front standing as far as you can. Make sure you land with bent knees. Measure your distance. Repeat 3 times.



**Sock shot putt:** agree a starting point, make a ball from socks. Place the sock by your neck and push, straighten your arm letting go of the socks. Repeat 3 times



**Standing high jump:** do this outside, stand by a wall and reach up with your right arm and make a mark. With one bend of the knees jump and mark the wall. Measure the distance. The person with the biggest distance between both marks is the winner. Repeat the jump 3 times.

# Friday 24<sup>th</sup> July 2020

## Fitness Task Sheet – Complete “Sofa Circuit”.

1. Open the link <https://www.youtube.com/watch?v=dRFWhxG1m78>
2. Complete the sofa fitness session at least five times over the course of the week, log the day and time that you have completed it in the table below.

| SOFA FITNESS SESSION |          |
|----------------------|----------|
| Day/Time             | Day/Time |
|                      |          |
|                      |          |
|                      |          |
|                      |          |



3. Choose six of the actions listed below and create your own fitness circuit, it must consist of 6 stations that you complete for 1 min each station before moving on.

| Possible actions/stations |                                    |
|---------------------------|------------------------------------|
| Press Ups                 | Squats                             |
| Tricep dips (using sofa)  | Jogging on the spot                |
| Plank hold                | Star jumps                         |
| Wall sit                  | Sit ups (feet under sofa)          |
| Lunges                    | Bicep curls (with baked bean tins) |

# Monday 27<sup>th</sup> July 2020

## Session: Design your own Circuit Training

**Session Explanation:** Complete the below 15-minute circuit session for beginners.

1. 1 Minute Lower Body: Bodyweight squat or weighted squat
2. 1 Minute Upper Body: Triceps dips
3. 1 Minute Single Leg: Reverse lunge
4. 1 Minute Core: Sit-ups to single-leg toe touch
5. 1 Minute Cardio: 10 high knees and 3 burpees
6. Rest
7. 2 Minutes Lower Body: Bodyweight squat or weighted squat
8. 2 Minutes Upper Body: Triceps dips
9. 2 Minutes Single Leg: Reverse lunge
10. 2 Minutes Core: Sit-ups to single-leg toe touch
11. 2 Minutes Cardio: 10 high knees and 3 burpees
12. Rest
13. 3 Minutes Lower Body: Bodyweight squat or weighted squat
14. 3 Minutes Upper Body: Triceps dips
15. 3 Minutes Single Leg: Reverse lunge
16. 3 Minutes Core: Sit-ups to single-leg toe touch
17. 3 Minutes Cardio: 10 high knees and 3 burpees



# Tuesday 28<sup>th</sup> July 2020

## Session: Design your own Circuit Training

**Session Explanation:** Circuit training allows you to target and work any part of the body that you want to focus on, including upper body, core and lower. As well as involving some cardio, circuits will also focus on improving muscle tone and definition.

The beauty of circuit training is its versatility. Whether you're in the gym or at home, a good circuit workout can help you get a real sweat on and improve your cardiovascular health whilst working on body tone. Several training movements make up a circuit workout, meaning you're not stuck doing the same exercise for half an hour and are therefore less bored. This is a real bonus when you're self-isolating and have been stuck in the house all day.

Depending on your ability, you may also want to introduce weights into your circuit training for an added challenge. It's unlikely that you'll have some gym dumbbells lying around whilst you're self-isolating, but cans of food, filled water bottles or books will have a similar effect.

Your circuit can be as long, or short, as you want, but the idea of circuit training is to work out in a continuous motion, rather than stopping for breaks in-between. Make sure you can sustain the entire length of your workout with swift exercises for each area of your body, rather than working out one area for a length of time.

**Use all the sessions in previous day workouts and select your favourite exercises and combine them into your own circuit training session. Be creative, use rest breaks, define your repetitions and sets and have a great workout.**

**30 Day Press Up / Sit Up / Squat Challenge:** Your challenge is to try and complete the daily number of repetitions. You need to complete each set of reps 3 times. For example: Day 1, you will complete a total of 15 press ups, 15 sit ups, and 30 squats! Good Luck!

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| <p><b>1.</b><br/>5 x Press Ups<br/>5 x Sit Ups<br/>10 x Squats</p>    | <p><b>2.</b><br/>6 x Press Ups<br/>6 x Sit Ups<br/>12 x Squats</p>    | <p><b>3.</b><br/>7 x Press Ups<br/>7 x Sit Ups<br/>14 x Squats</p>    | <p><b>4.</b><br/>7 x Press Ups<br/>7 x Sit Ups<br/>14 x Squats</p>    | <p><b>5.</b><br/><b>REST</b></p>                                      | <p><b>6.</b><br/>7 x Press Ups<br/>7 x Sit Ups<br/>14 x Squats</p>    |
| <p><b>7.</b><br/>8 x Press Ups<br/>8 x Sit Ups<br/>16 x Squats</p>    | <p><b>8.</b><br/>9 x Press Ups<br/>9 x Sit Ups<br/>18 x Squats</p>    | <p><b>9.</b><br/>9 x Press Ups<br/>9 x Sit Ups<br/>18 x Squats</p>    | <p><b>10.</b><br/><b>REST</b></p>                                     | <p><b>11.</b><br/>9 x Press Ups<br/>9 x Sit Ups<br/>18 x Squats</p>   | <p><b>12.</b><br/>10 x Press Ups<br/>10 x Sit Ups<br/>20 x Squats</p> |
| <p><b>13.</b><br/>11 x Press Ups<br/>11 x Sit Ups<br/>22 x Squats</p> | <p><b>14.</b><br/>11 x Press Ups<br/>11 x Sit Ups<br/>22 x Squats</p> | <p><b>15.</b><br/><b>REST</b></p>                                     | <p><b>16.</b><br/>11 x Press Ups<br/>11 x Sit Ups<br/>22 x Squats</p> | <p><b>17.</b><br/>12 x Press Ups<br/>12 x Sit Ups<br/>24 x Squats</p> | <p><b>18.</b><br/>12 x Press Ups<br/>12 x Sit Ups<br/>24 x Squats</p> |
| <p><b>19.</b><br/><b>REST</b></p>                                     | <p><b>20.</b><br/>12 x Press Ups<br/>12 x Sit Ups<br/>24 x Squats</p> | <p><b>21.</b><br/>13 x Press Ups<br/>13 x Sit Ups<br/>26 x Squats</p> | <p><b>22.</b><br/>13 x Press Ups<br/>13 x Sit Ups<br/>26 x Squats</p> | <p><b>23.</b><br/><b>REST</b></p>                                     | <p><b>24.</b><br/>13 x Press Ups<br/>13 x Sit Ups<br/>26 x Squats</p> |
| <p><b>25.</b><br/>14 x Press Ups<br/>14 x Sit Ups<br/>28 x Squats</p> | <p><b>26.</b><br/>14 x Press Ups<br/>14 x Sit Ups<br/>28 x Squats</p> | <p><b>27.</b><br/><b>REST</b></p>                                     | <p><b>28.</b><br/>14 x Press Ups<br/>14 x Sit Ups<br/>28 x Squats</p> | <p><b>29.</b><br/>15 x Press Ups<br/>15 x Sit Ups<br/>30 x Squats</p> | <p><b>30.</b><br/>15 x Press Ups<br/>15 x Sit Ups<br/>30 x Squats</p> |