

BEING ACTIVE AT HOME

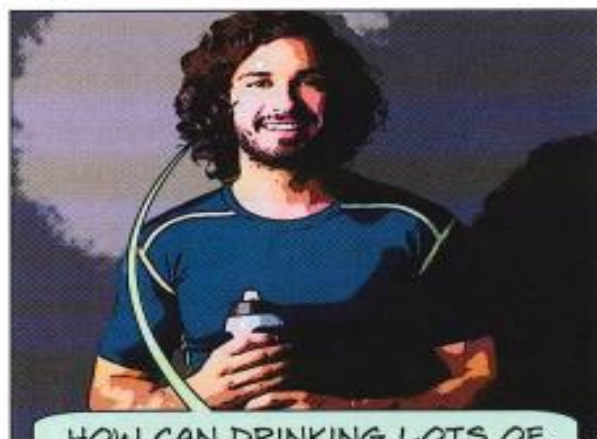
Joe Wicks is offering free physical activity workout videos on his YouTube channel Monday to Friday at 9am. Physical activity and exercise is an important part of our school day. Here are some questions you may be asked in PE lessons after completing your workouts and exercise.



HOW DID YOU FEEL BEFORE, DURING AND AFTER THE WORKOUT? HOW DID OUR BODY AND FEELINGS CHANGE?



WHAT WAS YOUR FAVOURITE EXERCISE? WHY WAS THAT YOUR FAVOURITE?



HOW CAN DRINKING LOTS OF WATER AND EATING HEALTHIER FOODS HELP US WHEN EXERCISING?



CHALLENGE: CAN YOU CREATE YOUR OWN WORKOUT ROUTINE TO CHALLENGE YOURSELF, FAMILY AND FRIENDS?

PICK AN EMOJI THAT SHOWS HOW YOU'RE FEELING



WHAT MADE YOU PICK THAT ONE?

Well done for completing your workout! You're awesome for looking after your health and for being active!

MY HIIT WORKOUT

ENJOY ONLINE PHYSICAL ACTIVITY HIIT (HIGH INTENSITY INTERVAL TRAINING) WORKOUTS?, CREATE A CHALLENGING HOME WORK OUT ROUTINE, MAYBE ADDING SOME EQUIPMENT AVAILABLE TO YOU.

HIIT WORKOUTS USUALLY FOLLOW A PATTERN OF 30 SECONDS MAXIMUM EFFORT AND 30 SECONDS RECOVERY AND LASTING FOR 30 MINUTES MAX.

ONCE CREATED, HAVE A GO! (MAKE SURE YOU WARM UP AND YOUR SURROUNDINGS ARE SAFE) COMPLETE AS MANY ROUNDS AS YOU CAN UNTIL THE TIME RUNS OUT. ENJOY!

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REST FOR 60 SECONDS & GO AGAIN
REPEAT UNTIL TIME RUNS OUT