



PE – FEBRUARY HALF TERM

Over the half term why not try some of these activities with your families. Some of the activities try to increase levels of fitness, some to relieve stress and anxieties.

They are split into 3 sections – 1: Workouts, 2: Fitness for Sports, 3: Couch to 5k.

All forms of physical activity contributes to feeling better – try some!

1: WORKOUTS

Cardio/ HITT

- 30 minute no-equipment cardio and HITT - <https://youtu.be/CBWQGb4LyAM>
- 30 minute tabata session - <https://youtu.be/XIeCMhNWFQQ>
- 30 minute les mills gritt cardo - https://youtu.be/ZMO_XC9w7Lw
- 40 minute HITT cardio workout - <https://youtu.be/5Yz9odanXN4>
- 45 minute tabata cardio HITT workout - <https://youtu.be/PeoINyxAHuw>

Cardio/ HITT

- Joe Wicks: Pick any work out from the video section - <https://www.youtube.com/channel/UCAxW1XToiEJooTYIRfn6rYQ>
- Free Fitness Videos – find some videos and different workouts at the following - <https://www.fitnessblender.com/videos>
- Pilates - <https://www.youtube.com/watch?v=pvOcoEdgMYI>

Yoga

- 10 minute morning yoga stretch –
<https://youtu.be/4pKly2JojMw>
- 20 minute beginners yoga workout -
<https://youtu.be/v7AYKMP6rOE>
- 30 minute power yoga for core -
<https://youtu.be/PIT7G8gOyAU>
- 40 minute yoga for strength -
<https://youtu.be/gkOCYokNByw>

Stress Relief and Relaxation Techniques

- 15 minute calming yoga for stress relief and anxiety - <https://youtu.be/Nw2oBlrQGLo>
- Relaxing music for stress relief - <https://youtu.be/IFcSrYw-ARY>
- How to reduce stress with progressive muscle relaxation - <https://youtu.be/kdLTOurs2IA>
- Yoga for anxiety and stress - https://youtu.be/hJbRpHZr_do
 - Guided relaxation exercise for anxiety - <https://youtu.be/6KLhMGiSmHs>

2: FITNESS FOR SPORTS



Important components of fitness

Agility

Speed

Cardiovascular Endurance

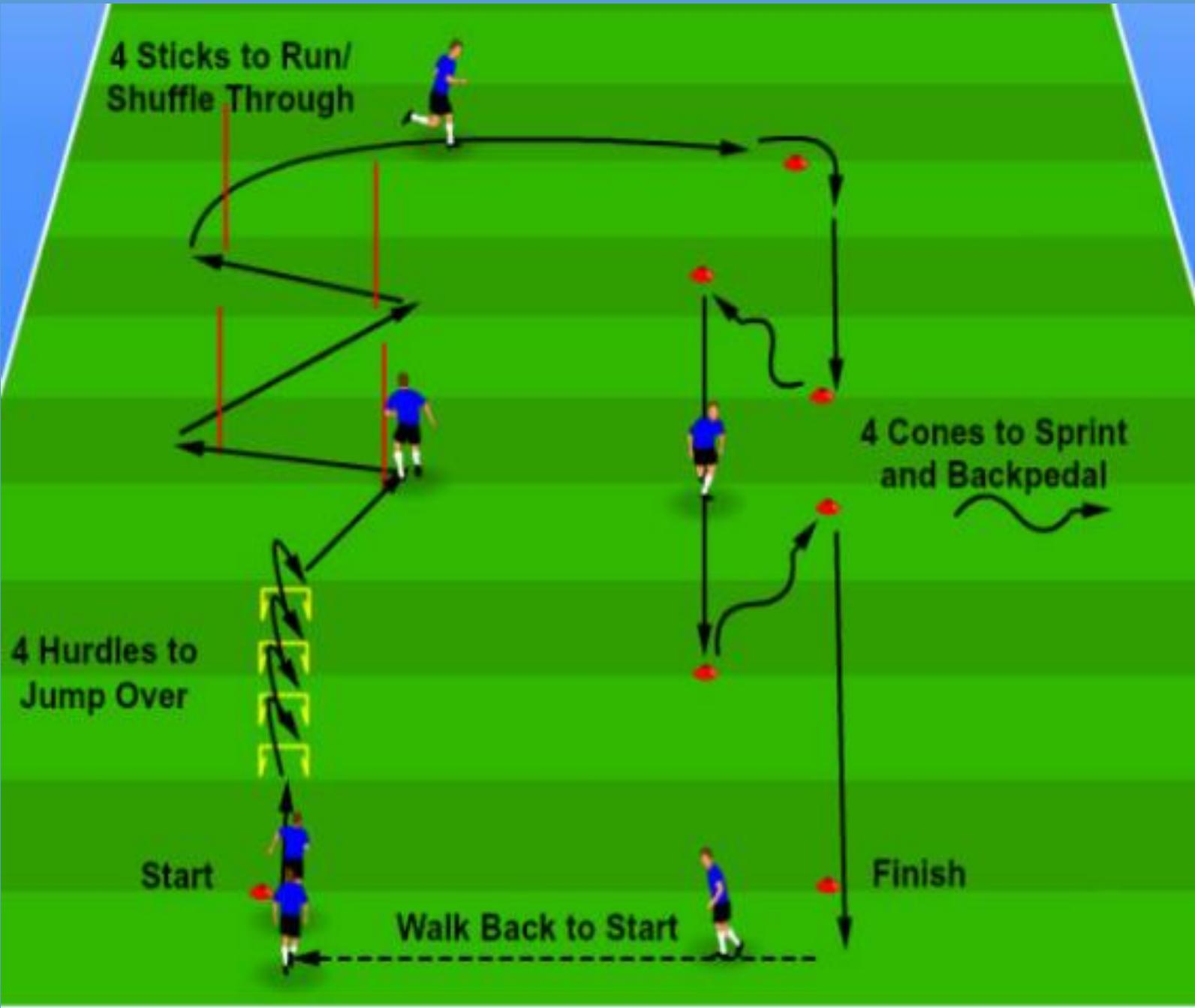


Methods of training used

Fartlek

HIIT

Circuit



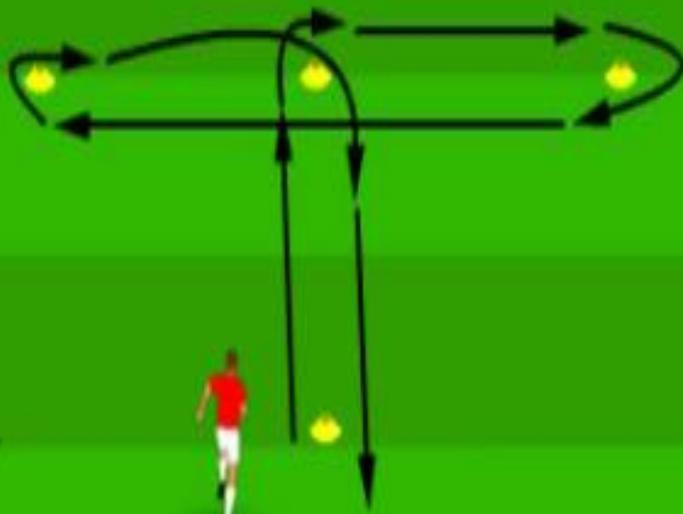
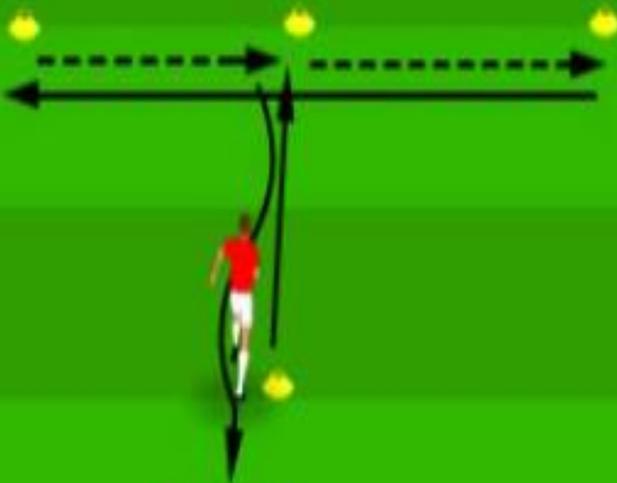
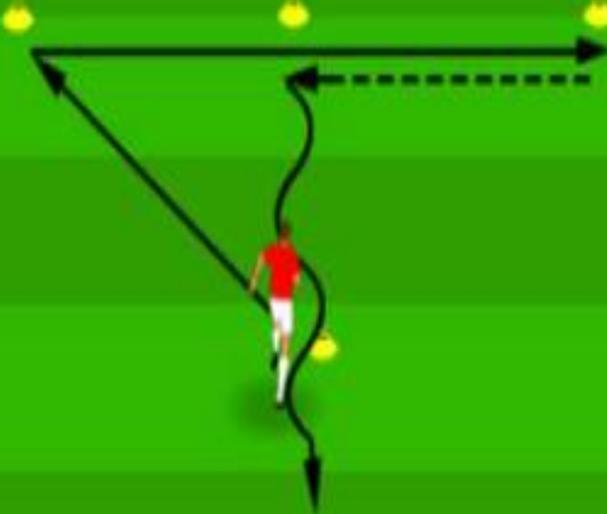
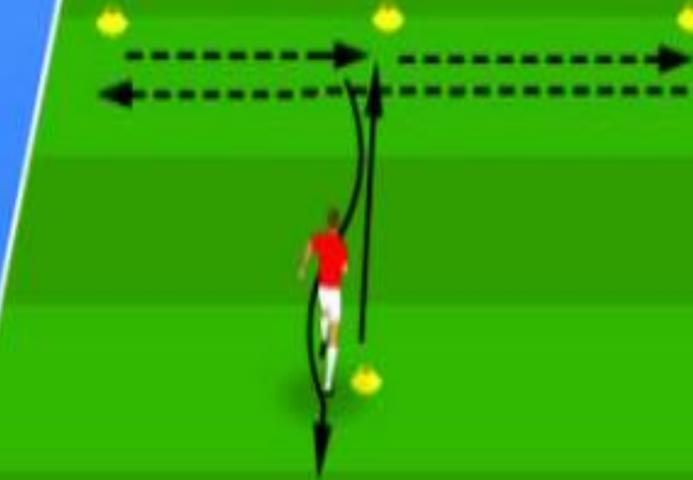
Challenges

1. How many times can you complete the course in 3 minutes
2. Time how fast you can complete one circuit

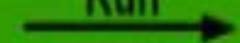
Pay attention to the change of speed

Variation 3

Be Creative



Run



Shuffle



Backpedal



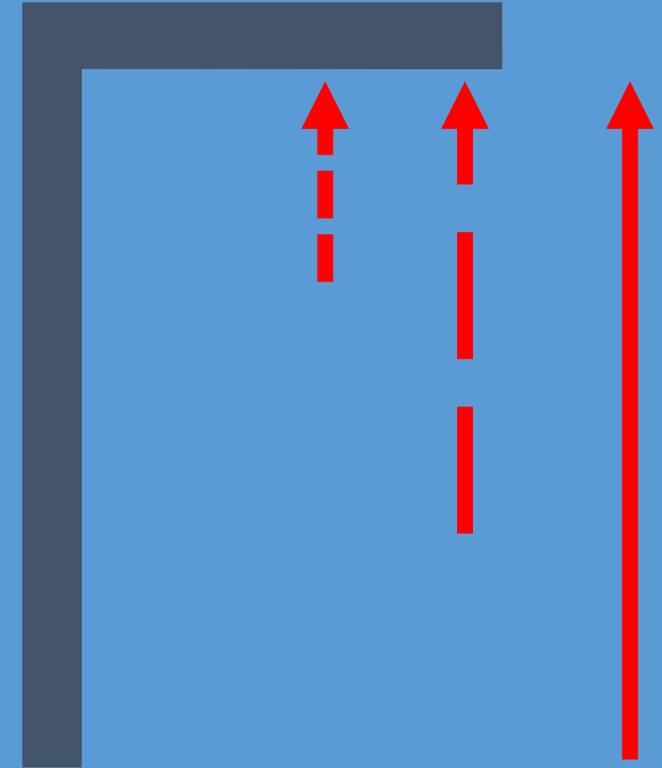
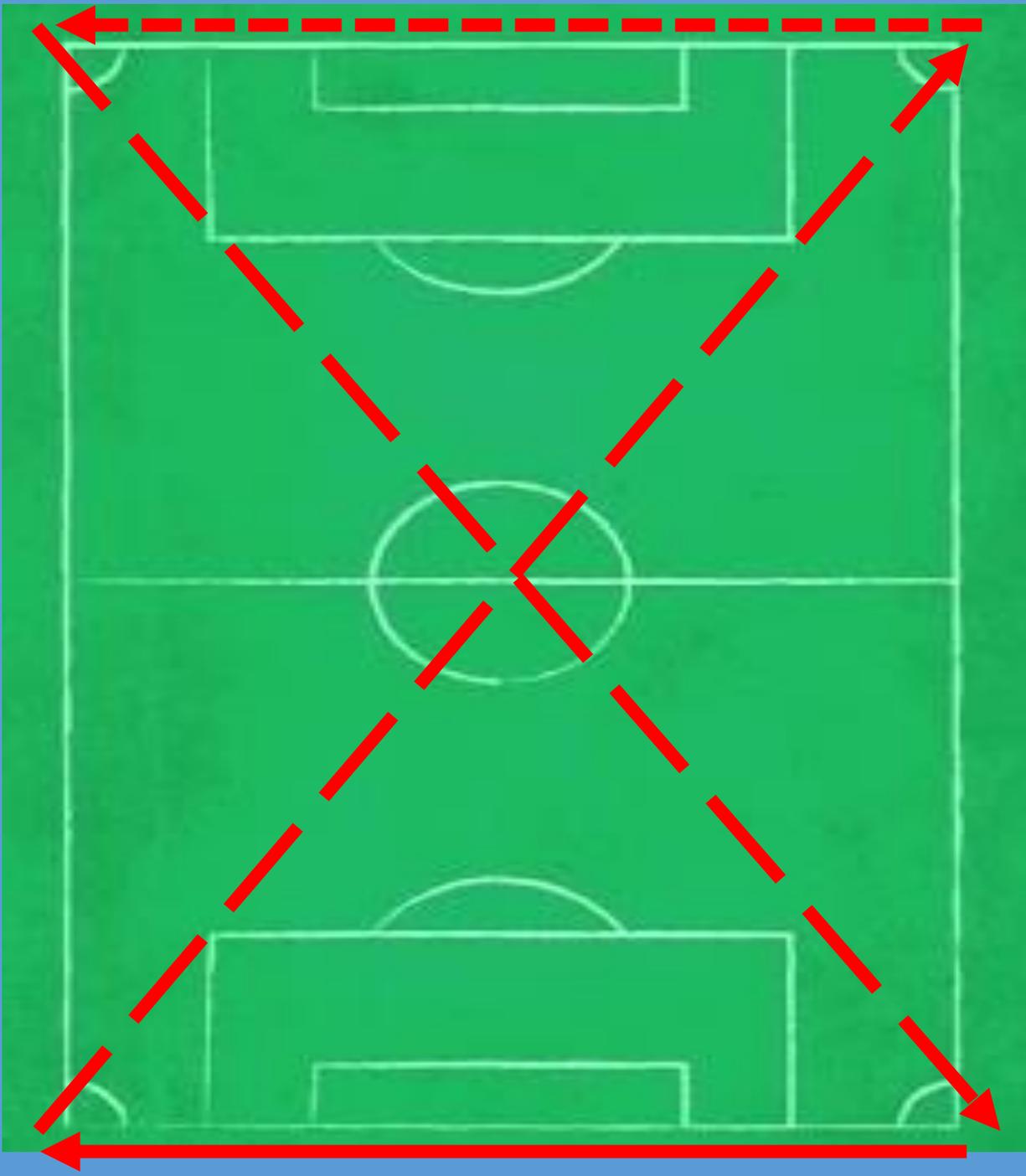
Original

Variation 1

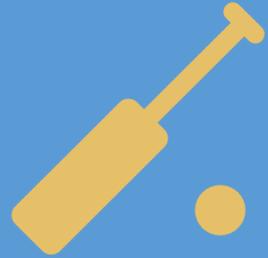
Challenges

1. How many times can you complete all 4 T areas in 3 minutes
2. Time how fast you can complete one circuit of all 4 T areas

Pay attention to the movement types



Vary the speeds to
make it easier/harder



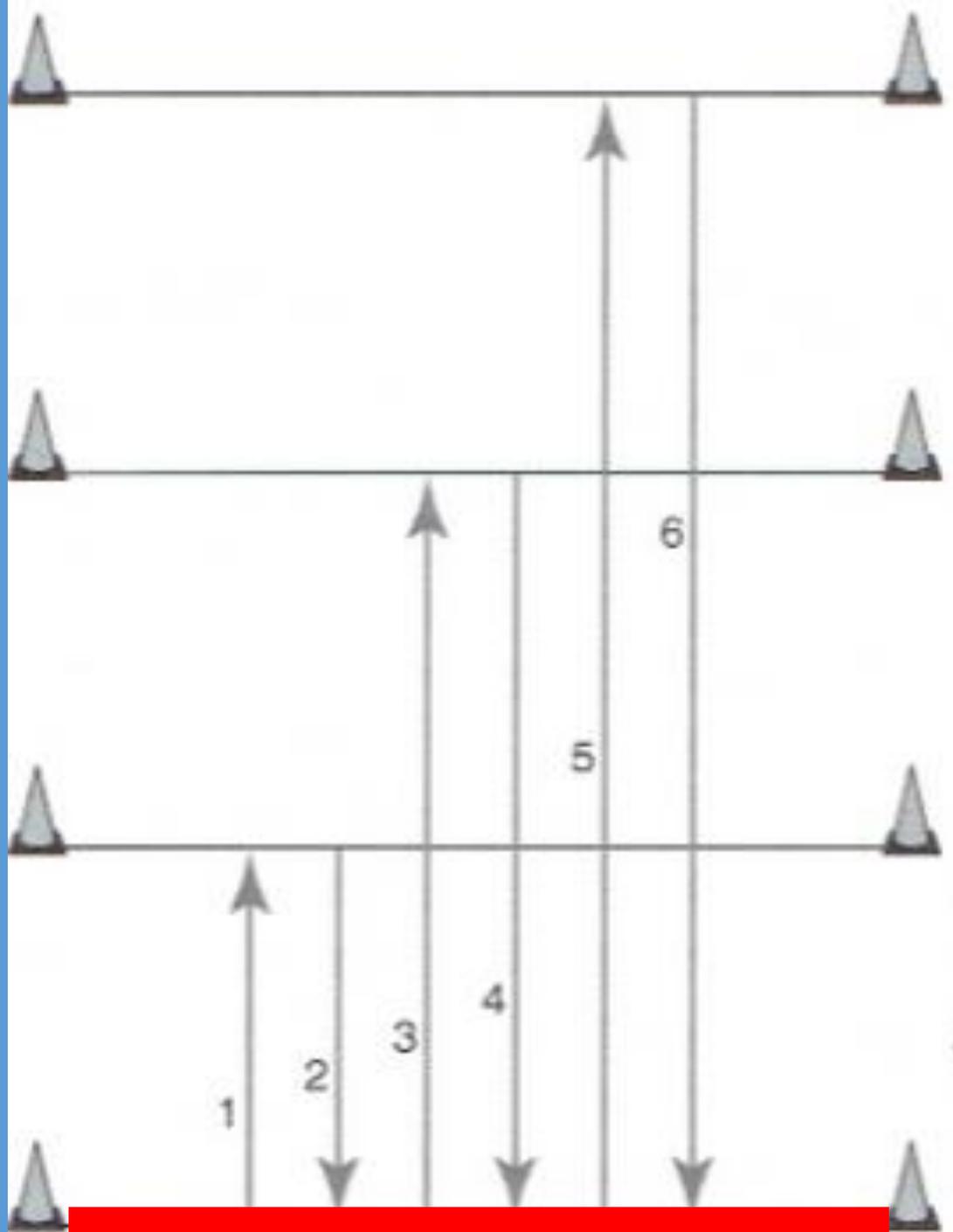
Important components of fitness

Coordination
Reaction time
Balance



Methods of training used

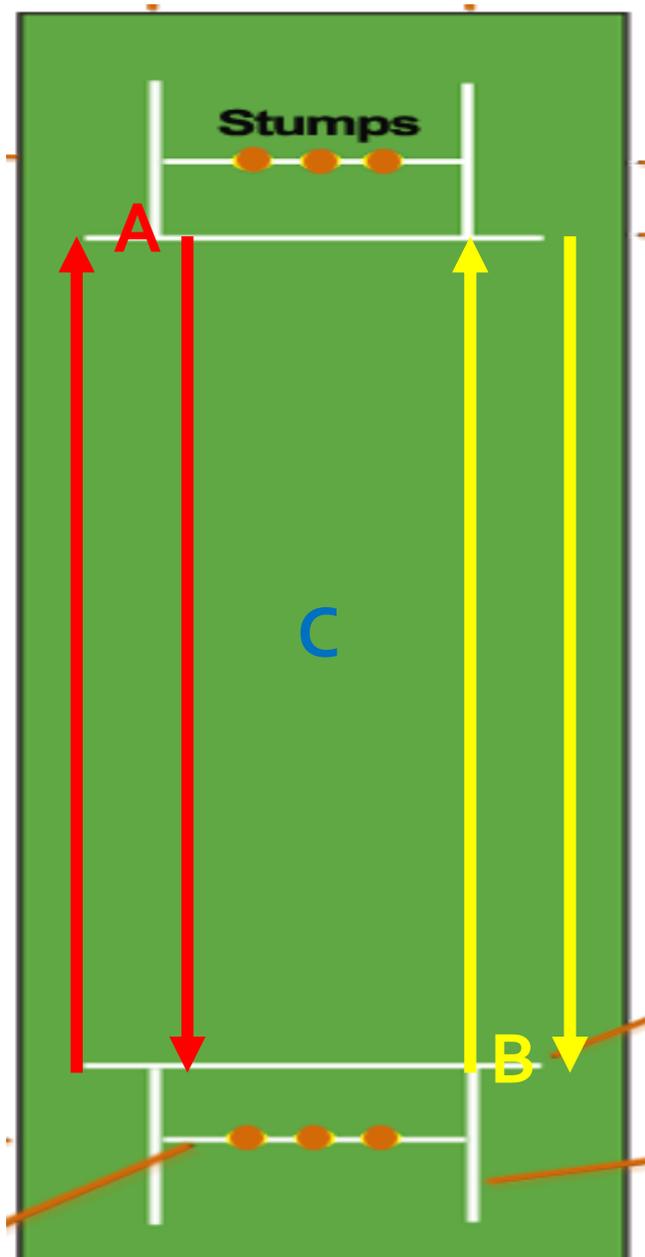
Interval
Circuit



Instructions:

1. Player 2 stands on the red line with a ball.
2. Player 1 sprints to the first line, turns to face player 2 and performs a burpee.
3. As soon as player 1 jumps up from the burpee, player 2 feeds the ball for player 1 to catch and throw back
4. Player 1 sprints back to the red line, performs another burpee and then out to the second line and repeat...

A2



B2

Challenges:

- 1. When 'C' shouts "go", players A and B race from their crease to the opposite crease and back again. A2 and B2 shout "in" when their partner returns and checks the other player didn't stop short of the crease before turning back.
- 2. 'C' has a stopwatch and times for 30 seconds. How many runs can A and B score by sprinting between the wickets. A2 and B2 count and check that they don't stop short.

Rugby

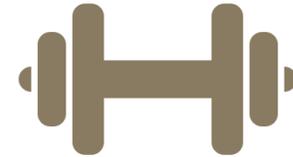


Important components of fitness

Power

Speed

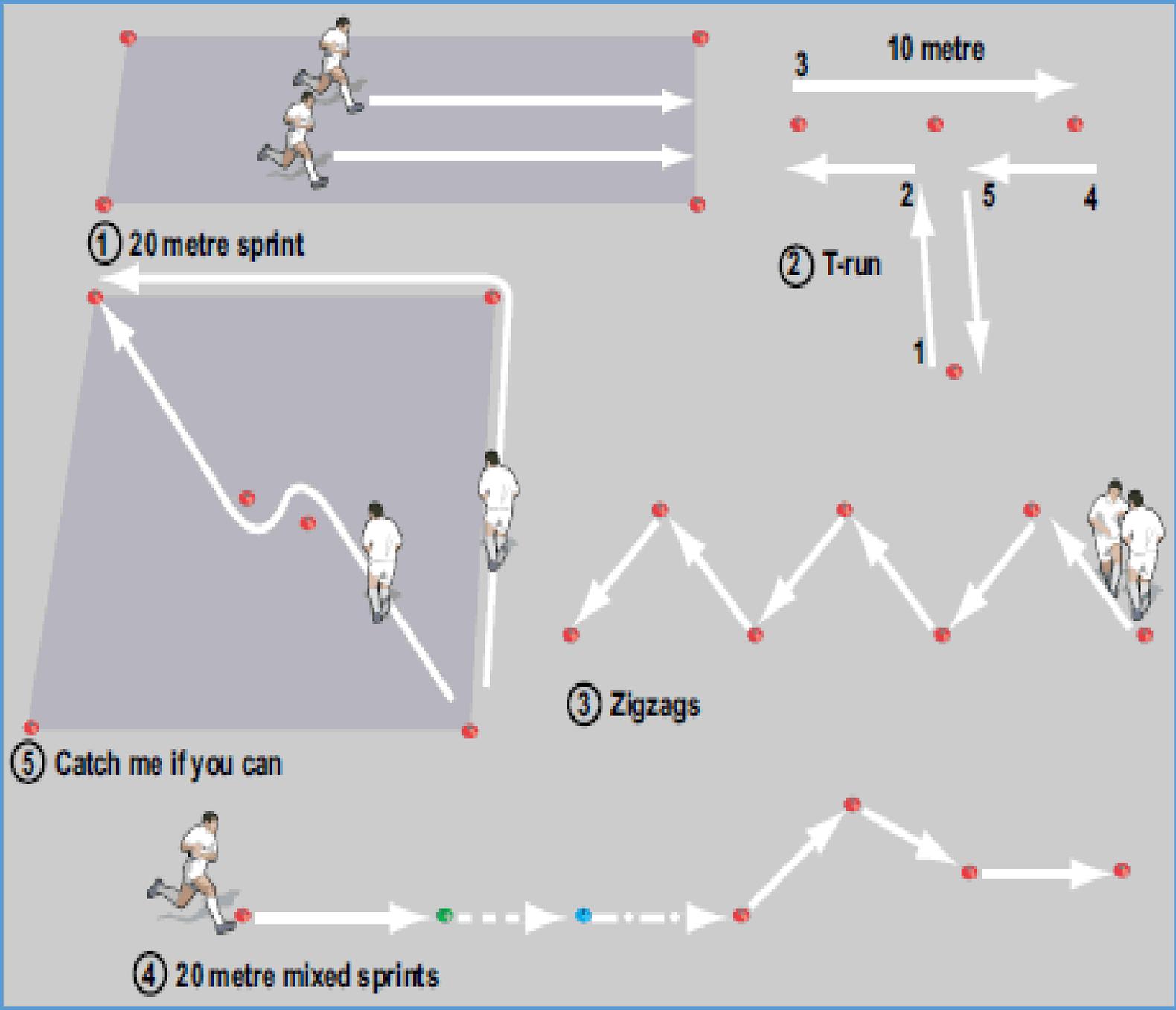
Muscular endurance



Methods of training used

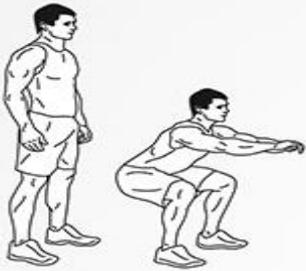
Circuit

HIIT



DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



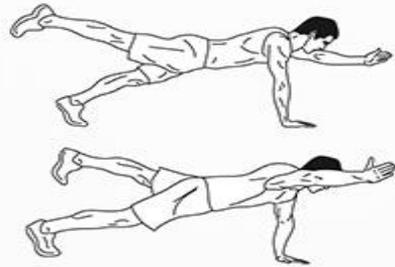
10 jump squats



20 squats



15 push-ups



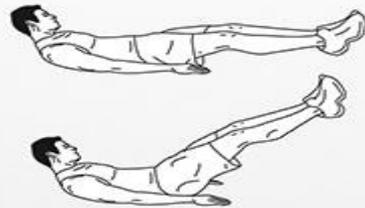
10 alt arm / leg raises



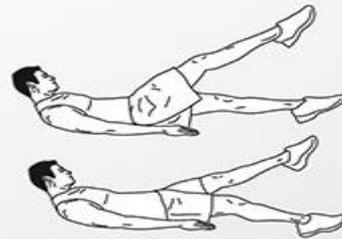
15 push-ups



20 flutter kicks



10 leg raises



20 flutter kicks

Netball



Important components of fitness

Coordination

Balance

Speed

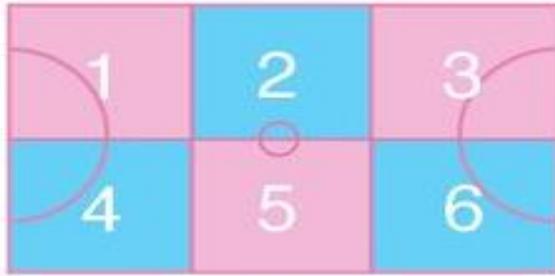


Methods of training used

Circuit

Interval

12MIN TOTAL WORKOUT
EACH STATION 20 SEC ON 10 SEC OFF



Need To Know

What is HIIT NETFIT? High Intensity Interval Training – specific to the game of netball. Short bursts, 100% effort with rest.

Timing: 20 on/10 rest. 4 repeats each station then move in Zone. (Set timer for 20work/10rest x 12)

Station 1

1 foot over 2 feet middle
Fast as you can
Keep eyes up

Equipment: 10 cones

Station 2

Plyometric Bounding
Set up 2 lines of 5 cones Zig Zagged
Bound from cone to cone. Eyes up. Focus on explosive power. Balance and land.

Equipment: 10 cones

Station 3

Tuck Jump + Sprawl
Tuck jump as high as you can (like you are jumping for a high ball) – knees hitting hands. Pop hands down on the ground stacked under your shoulders.
Strong core. Jump feet out to plank position. Jump back outside the hands.

Equipment: 0

Station 4

Figure 8
Fast as you can
Keep eyes up

Equipment: 10 cones

Station 5

Skipping

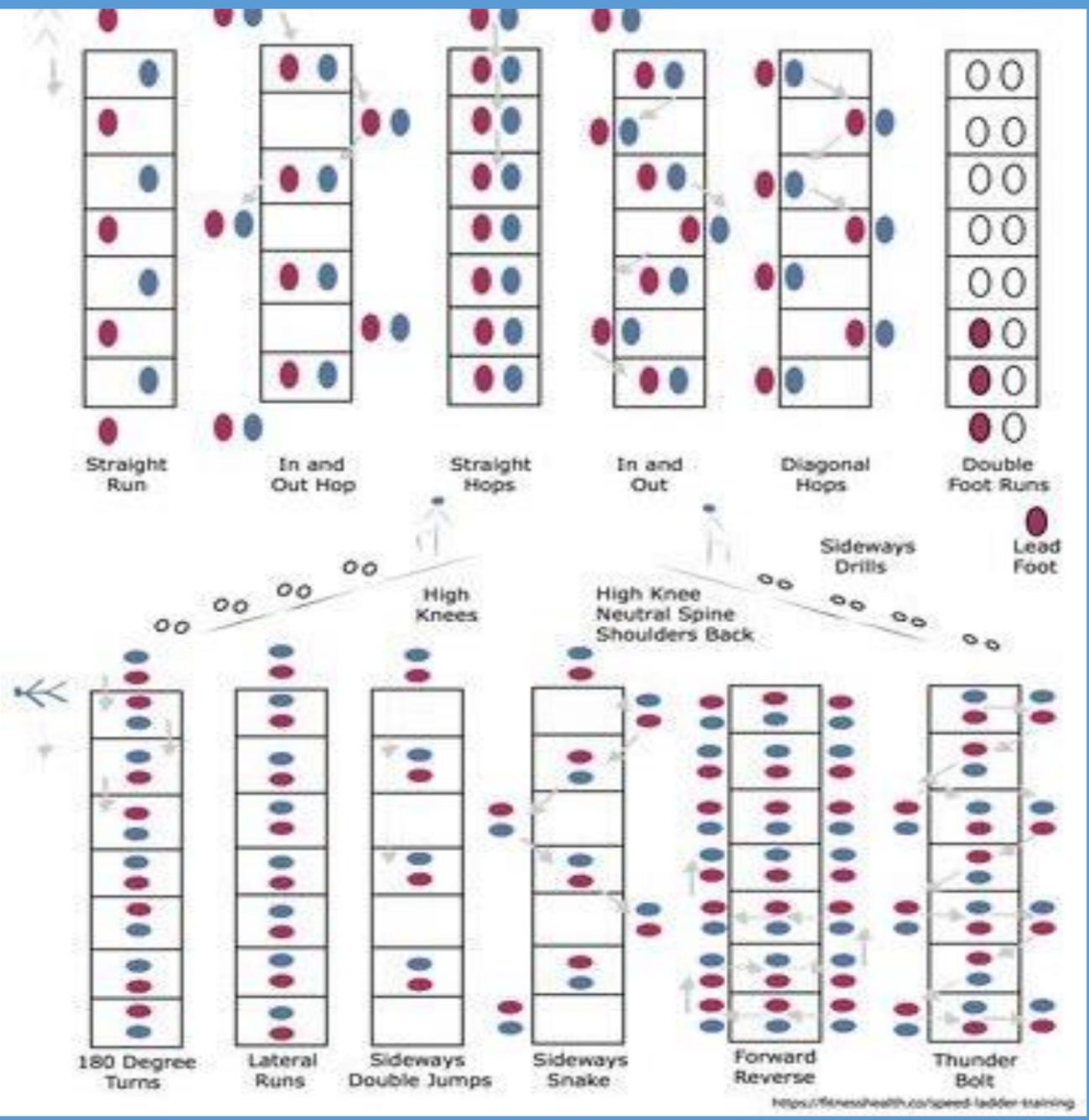
Equipment: 5 skipping ropes

Station 6

Sprints
Sprint up and back.
Touch the cones.
Pop hands down on the ground stacked under your shoulders. Strong core. Jump feet out to plank position. Jump back outside the hands.

Equipment: 2 cones

- Complete each station with a partner feeding a netball in to improve pass and receive under fatigue. *(replace skipping rope with high skips)*
- 20 seconds on 10 seconds off per exercise. Repeat 4 times before moving on.



Cardio Balance

DAREBEE WORKOUT © darebee.com



10 march steps

10-count raised knee hold (right leg)

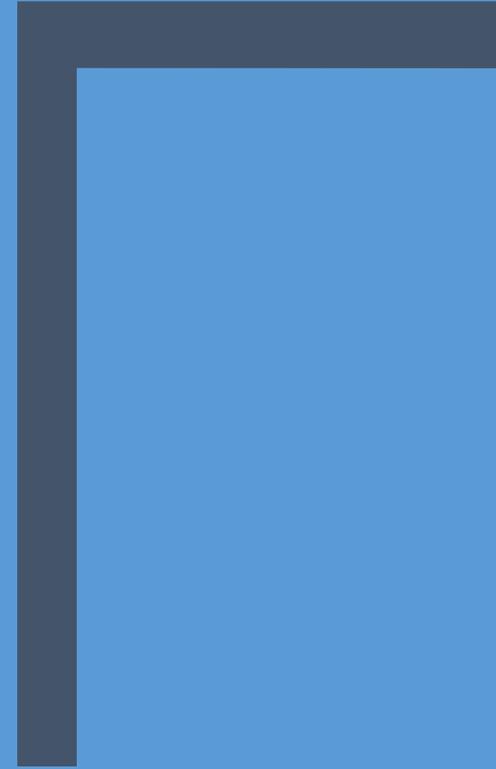
10 single leg back kicks (right leg)

10 march steps

10-count raised knee hold (left leg)

10 single leg back kicks (left left)

done



Tennis

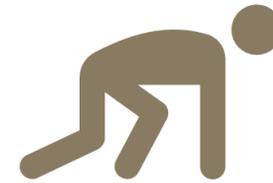


Important components of fitness

Coordination

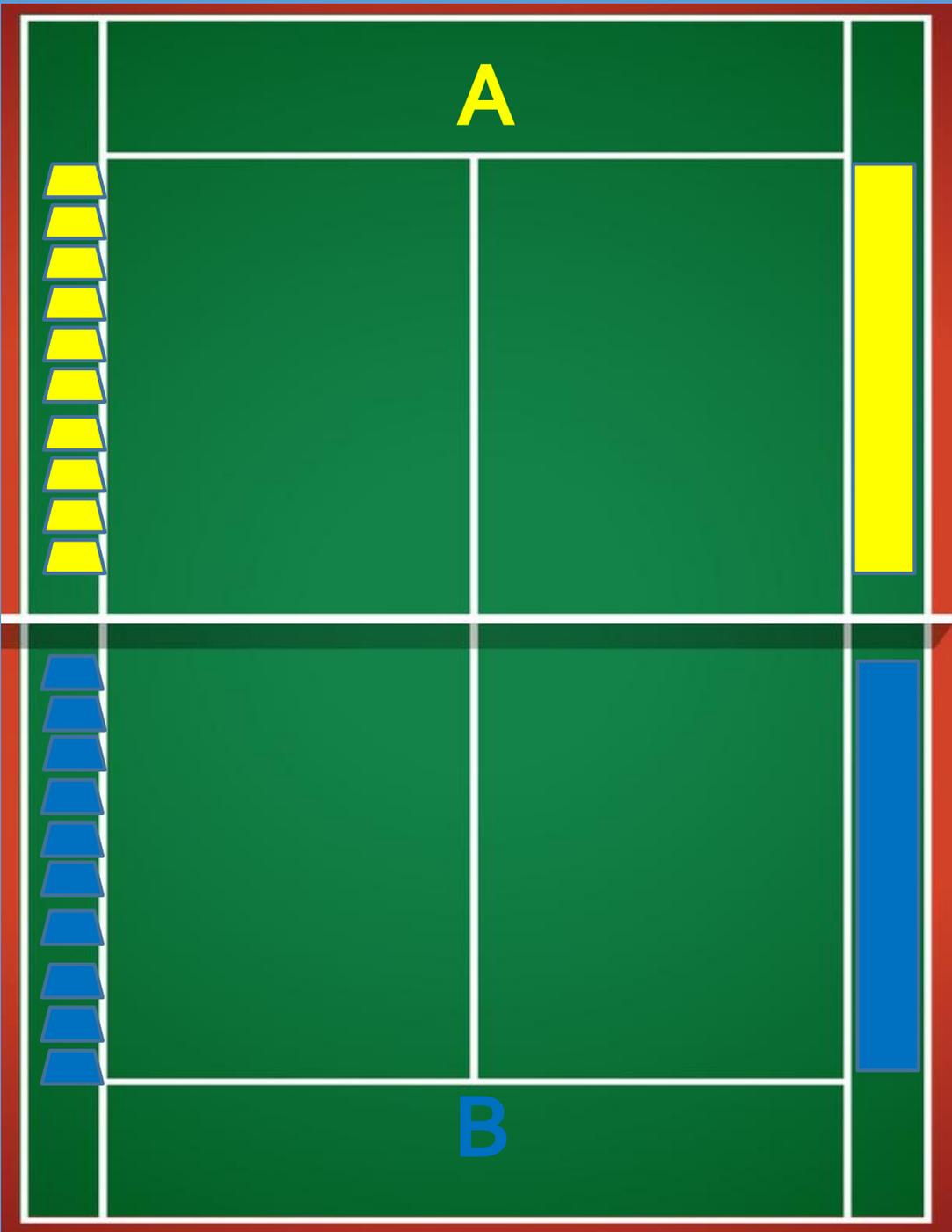
Agility

Muscular endurance



Methods of training used

Interval



C

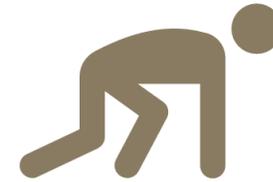


Athletics - Track



Important components of fitness

Which events require different components?



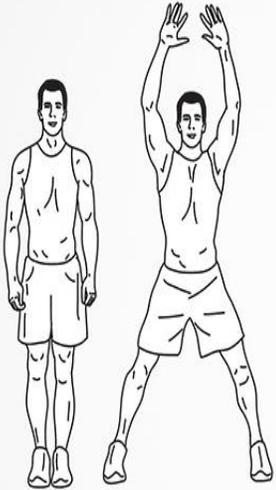
Methods of training used

Match them to the events.

NUMBERS

DAREBEE WORKOUT @ darebee.com
Split total reps into manageable sets.

CARDIO



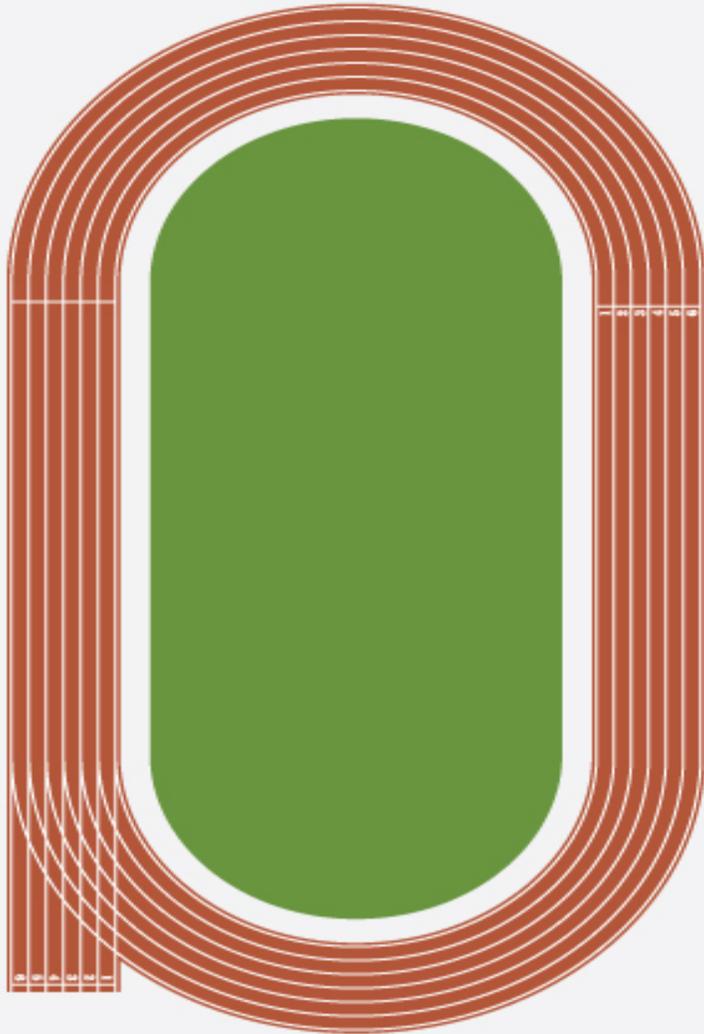
200

jumping jacks



200

high knees





- Team relay.
- Pass the baton to the next person in your team and stay at your new position. First team to get back to their starting position completing 1 circuit.

3: COUCH TO 5K



HOW TO

START

RUNNING

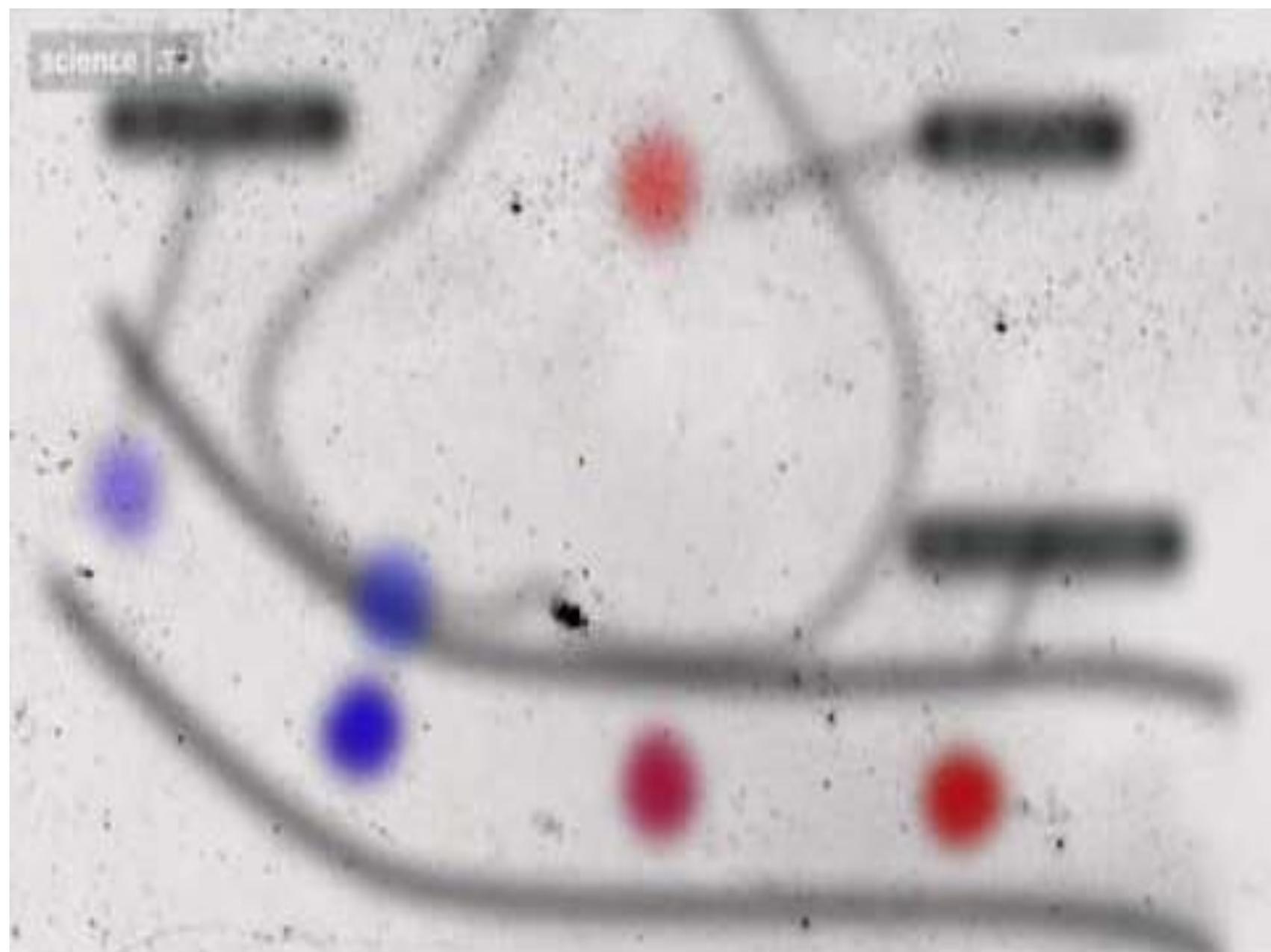
Lesson 1

- Brisk 5-minute walk, then alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes.



Lesson 2

- Brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes.
- Couch to 5k experience

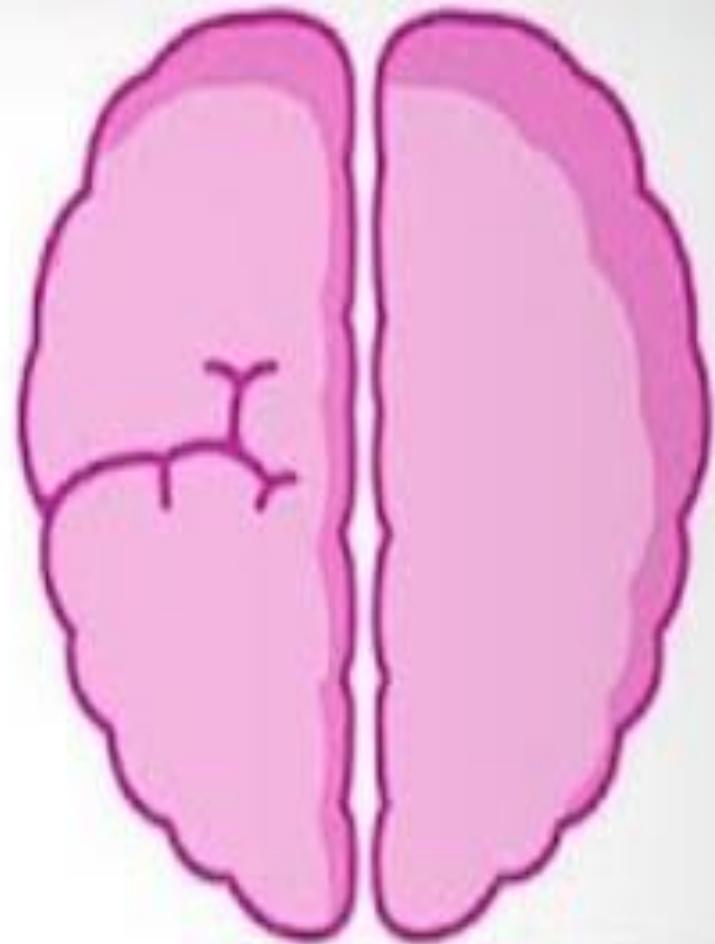


Lesson 3

- Brisk 5-minute walk
 - 1-and-a-half minutes of running, 1-and-a-half minutes of walking,
 - 3 minutes of running and 3 minutes of walking
 - 1-and-a-half minutes of running, 1-and-a-half minutes of walking
 - 3 minutes of running and 3 minutes of walking
-
- Respiratory



EXERCISE



SLEEP

Lesson 4

- Brisk 5-minute walk
 - 3 minutes of running, 1-and-a-half minutes of walking
 - 5 minutes of running, 2-and-a-half minutes of walking
 - 3 minutes of running, 1-and-a-half minutes of walking
 - 5 minutes of running.
-
- Exercise and the brain



Lesson 5

- Brisk 5-minute walk
 - 5 minutes of running, 3 minutes of walking,
 - 5 minutes of running, 3 minutes of walking
 - 5 minutes of running.
-
- Nutrition



A⁺

How

EXERCISE

makes you

SMARTER

& a BETTER STUDENT

Lesson 6

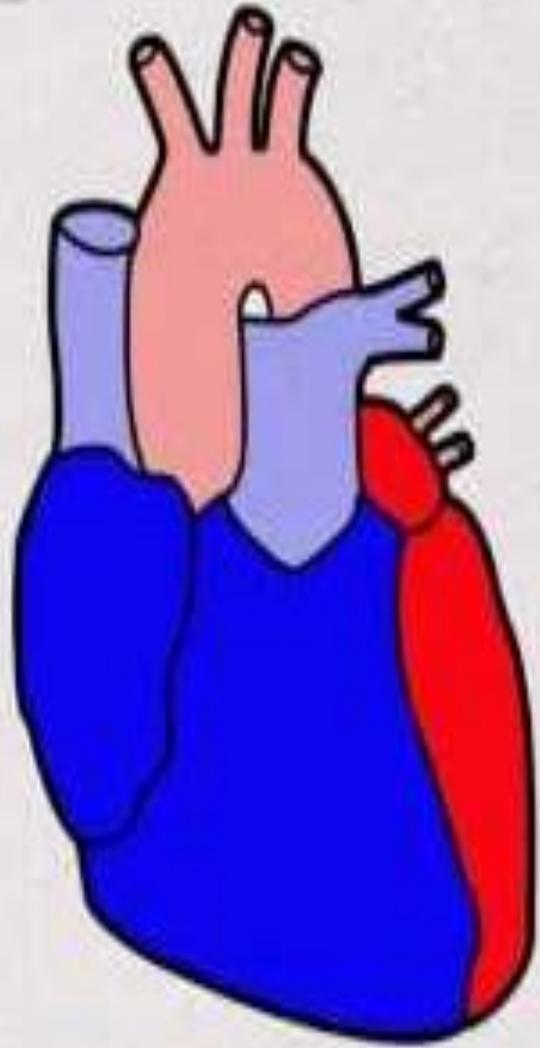
- Brisk 5-minute walk
 - 8 minutes of running
 - 5 minutes of walking,
 - 8 minutes of running,
-
- Exercise and school



Lesson 7

- Brisk 5-minute walk
 - 5 minutes of running, 3 minutes of walking,
 - 8 minutes of running, 3 minutes of walking
 - 5 minutes of running.
-
- Chronic effects on the heart

science .TV



Lesson 8

- Brisk 5-minute walk
 - 10 minutes of running
 - 3 minutes of walking
 - 10 minutes of running
-
- Cardiovascular

Lesson 9: pre run discussion

- From all of the videos we have watched so far discuss the following with a partner before feeding back to the class:
 - Which is the most memorable video and why?
 - Is there anything particular that shocked you from any video?
 - Have any of the videos provided a new motivation for you to keep fit?

Lesson 9

- Brisk 5-minute walk
- 12 minutes of running, 2 minute of walking
- 12 minutes of running. 2 minutes of walking



GTN
GOLF TRAINING NETWORK

HOW TO BREATHE WHILST RUNNING



GTN
GOLF TRAINING NETWORK

Lesson 10

- Brisk 2-minute walk
 - 15 minutes of running
 - 2 minutes of walking
 - 10 minutes of running
-
- Breathing



***NO HUMAN IS
LIMITED***

Lesson 11

- 5 minute warm-up
- 20 minutes of running
- 5 minutes of walking

- Motivation

Lesson 12 onwards

- Last week saw your first attempt at continuous running as opposed to interval running. You are now well on track to being able to run 5k!
- In the next few lessons the continuous run increases slightly. Instead of understanding a health element of running you are now going to score your feelings at the end of each run for the following areas (negative being a struggle with that area). Keep your score on your phone or in your jotter to use each lesson.

	-3	-2	-1	0	1	2	3
Mindset							
Cardiorespiratory systems							
Leg muscles							

Lesson 12

- 5 minute warm-up
- 22 minutes of running
- 5 minutes of walking

Scoring

	-3	-2	-1	0	1	2	3
Mindset							
Cardiorespiratory systems							
Leg muscles							

Lesson 13

- 3 minute warm-up
- 25 minutes of running
- 3 minutes of walking

Scoring

	-3	-2	-1	0	1	2	3
Mindset							
Cardiorespiratory systems							
Leg muscles							

Lesson 14

- 3 minute warm-up
- 28 minutes of running
- 2 minutes of walking

Scoring

	-3	-2	-1	0	1	2	3
Mindset							
Cardiorespiratory systems							
Leg muscles							

Lesson 15 -

- 3 minute warm-up
- 30 minutes of running

You've nearly reached the end of your programme and you've made some great progress. This is the week when you can reach your goal. Well done!

Scoring

	-3	-2	-1	0	1	2	3
Mindset							
Cardiorespiratory systems							
Leg muscles							