

# PE Week 3

Core Workout

# Working on fitness and smashing personal bests

- Welcome to week 3! This workout is going to focus on your core.
- It can be used in many ways and by everyone from child to adult.
- The following slides show the whole workout and instructions on how to complete each exercise.
- One circuit takes 10 minutes with no breaks, longer if you add a 30 second or 1 minute break in between exercises for recovery (this is advisable for those of us who aren't as active as top athletes).
- The exercises have advice on how to make them easier or harder and you can complete the circuit as many times as you wish, 3 complete circuits is a good average to aim for as it ensures 30 minutes of activity (not including recovery time).
- These exercises also use fundamental movement skills which will benefit our younger children who need to develop a firm foundation of co-ordination and balance at a young age.
- Included at the end of this presentation is a table for you to record how many of each exercise you managed to do within the minute. Either print off that slide and complete, or complete on the slide if you save a copy of the presentation. Hopefully you will complete this training session at least 3 times in a week (one of those will be your PE lesson). Each time you do the circuit you should be trying to smash your last score! Push yourself as much and as hard as you can. No pain, no gain! The table has space for 5 attempts in a week.
- If you complete 3 sets of the circuit within one session and you are recording your best attempts, either record your highest score out of the 3 circuits, or calculate the average by adding all 3 scores together and dividing by 3.

# The Workout

## CORE BLAST



1. PLANK KNEE TAPS



2. SUMO SQUAT SIDE BEND



3. FROGGERS



4. CRAB TOE TOUCHES



5. SUPERMAN PLANK



6. FULL EXTENSION



7. PLANK JACK



8. SURRENDERS



9. CRAB WALKS



10. BURPEES



# Plank Knee Taps



## DIRECTIONS



- 1 Begin in plank position
  - 2 Bring right knee up to the right armpit
  - 3 Return to plank
  - 4 Bring left knee up to the left armpit
  - 5 Return to plank
- Repeat

## CONDITIONING EMPHASIS



Core Strength & Development,  
Coordination

## DIFFICULTY MODIFICATION



### Easier

Bring knee up and rest  
on ground before returning  
to the plank position

### Harder

When bringing  
the knee up, slap the  
knee with the palm of  
your hand on the  
same side

# Sumo Squat & Hold Side Bend



## DIRECTIONS



- 1 Stand in a sumo squat position with hands behind the head and elbows pointed
- 2 Bring right elbow to knee and hold
- 3 Return to original position
- 4 Bring left elbow to knee and hold
- 5 Repeat



## CONDITIONING EMPHASIS



Core and Quad  
Strength & Development

## DIFFICULTY MODIFICATION



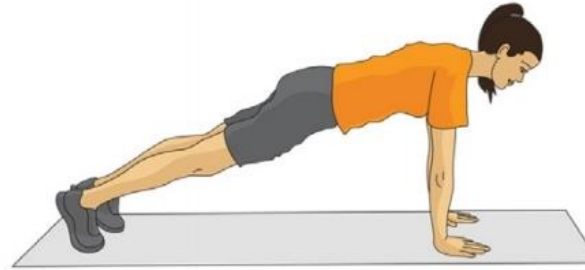
### Easier

Take breaks from  
sumo squat position  
when needed

### Harder

Deepen the squat  
position so that legs  
are parallel to floor

# Froggers



## DIRECTIONS

- 1 Begin in a plank position
- 2 Jump legs up and plant feet just outside arms
- 3 Jump back into plank position
- 4 Repeat



## CONDITIONING EMPHASIS

Hip Mobility, Core, Glute, and Arm Development & Strength

## DIFFICULTY MODIFICATION

### Easier

Walk feet one at a time into the arms, rather than jump

### Harder

Once in the "frog position", jump straight up as high as possible before returning to frog

# Crab Toe Touches



## DIRECTIONS

- 1 Begin in crab walk position
- 2 Extend left leg up and touch toes with right hand
- 3 Return to crab walk
- 4 Extend right leg up and touch toes with left hand
- 5 Return to crab walk
- 6 Repeat

## CONDITIONING EMPHASIS

Core Strength & Development

## DIFFICULTY MODIFICATION

### Easier

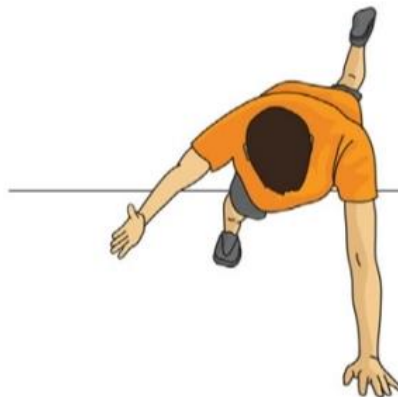
Lift hand and foot up, but not bring to a touching position

### Harder

Move backward while performing exercise



# Superman Plank



## DIRECTIONS



- 1 Start in plank position
- 2 Lift opposite leg and arm
- 3 Hold for 3 seconds
- 4 Switch and repeat on other leg and arm



## CONDITIONING EMPHASIS



Core and Glute  
Strength & Development

## DIFFICULTY MODIFICATION



### Easier

Perform exercise  
while laying on your stomach

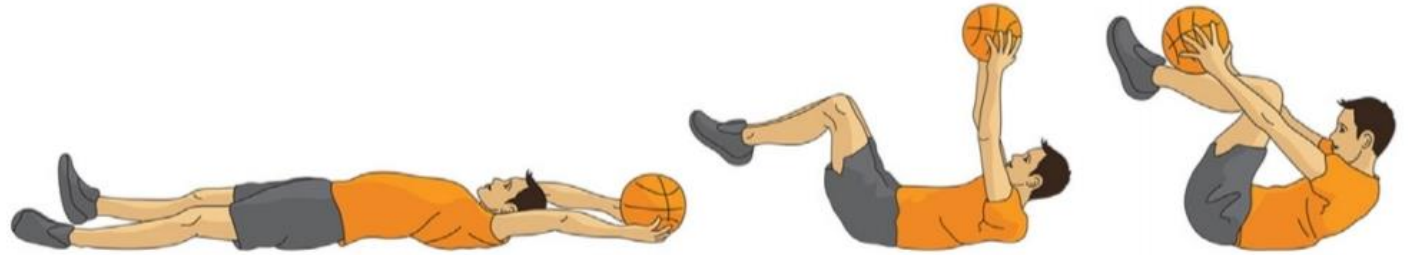


### Harder

Hold the "superman  
position" for 10  
seconds at the top



# Full Extension



## DIRECTIONS



- 1 Lay on ground with ball extended over head
- 2 Bring knees to chest
- 3 Reach ball over knees
- 4 Return to full extension
- 5 Repeat

## CONDITIONING EMPHASIS



Core Strength & Development

## DIFFICULTY MODIFICATION



### Easier

Bring ball to knees,  
rather than to feet

### Harder

Use a weighted  
ball

# Plank Jack



## DIRECTIONS



- 1 Start in plank position
- 2 Jump feet apart into a straddle
- 3 Return to original position
- 4 Repeat

## CONDITIONING EMPHASIS



Core and Lower Back  
Strength & Development

## DIFFICULTY MODIFICATION



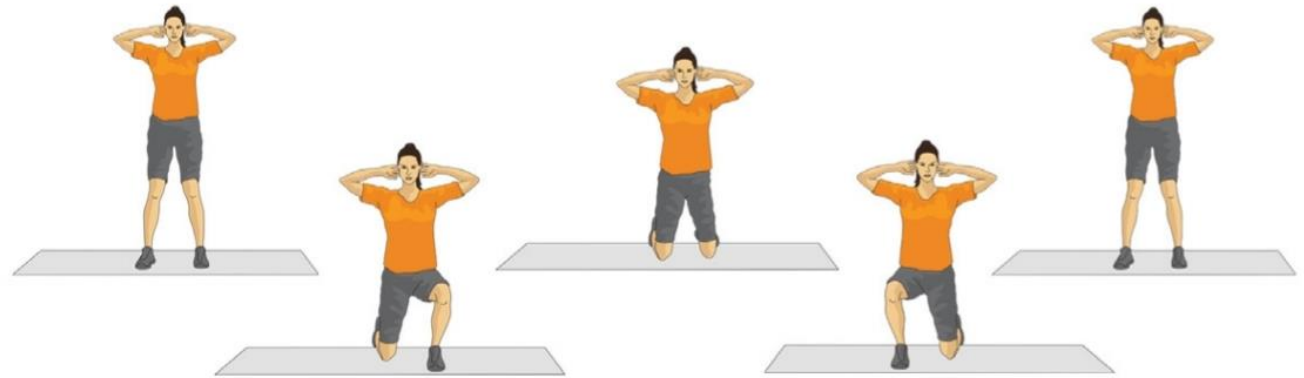
### Easier

Remove the jump  
and walk feet out to  
straddle position

### Harder

Add a push-up  
when the legs  
are together

# Surrenders



## DIRECTIONS

- 1 Stand with hands behind head
- 2 Lower to one knee, left knee out
- 3 Tuck left knee back to stand on both knees
- 4 Bring right knee out
- 5 Stand to original position
- 6 Repeat, alternating first knee out

## CONDITIONING EMPHASIS

Glute and Quad  
Development & Strength

## DIFFICULTY MODIFICATION

**Easier**  
Perform exercise  
with arms on hips

**Harder**  
Perform exercise  
with weight or ball  
over head



# Crab Walks



## DIRECTIONS



- 1 Begin in a crab position, with hands and feet on the ground and stomach facing up
- 2 Walk forward 10 steps
- 3 Walk backward 10 steps
- 4 Repeat



## CONDITIONING EMPHASIS



Triceps and Core  
Development & Strength

## DIFFICULTY MODIFICATION



### Easier

Allow seat to rest  
on floor after 10 steps

### Harder

After going forward  
and backward 10  
steps, go side to  
side 10 steps  
each

# Burpees



## DIRECTIONS



- 1 Begin standing
- 2 Drop down to a plank
- 3 Do a push-up
- 4 Bring legs to arms
- 5 From the ground jump up
- 6 Repeat

## CONDITIONING EMPHASIS



Full Body Strength & Development

## DIFFICULTY MODIFICATION



### Easier

Remove the push-up  
at the bottom

### Harder

Replace jump with  
a tuck jump

# Personal Best Chart

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Plank Knee Taps					
Sumo Squat					
Froglers					
Crab Toe Touches					
Superman Plank					
Full Extension					
Plank Jack					
Surrenders					
Crab Walks					
Burpees					