

PE Week 6

Lower Body Blast

Working on fitness and smashing personal bests

- Welcome to week 5! This workout is going to focus on your lower body strength development.
- 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

LOWER BODY BLAST



1. SURRENDERS



2. 180 DEGREE JUMP SQUATS



3. WALL SIT WITH CALF RAISE



4. DISTANCE HOPPING



5. SPEED SKATERS



6. FROGGERS



7. BUTT KICKERS



8. LUNGE JUMPS



9. SUMO SQUAT WITH SIDE BEND



10. BURPEES

Surrenders



The illustrations show a person performing the Surrenders exercise in five stages: 1. Standing with hands behind head. 2. Lowering to one knee with the left knee out. 3. Tucking the left knee back to stand on both knees. 4. Bringing the right knee out. 5. Returning to the original standing position. The person is wearing an orange shirt and dark shorts.

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
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180 Degree Jump Squats



DIRECTIONS

- 1 Begin in a squat position with left hand touching the floor and right arm extended
- 2 Jump and twist 180 degrees to land with right hand touching and left arm extended
- 3 Jump and twist 180 degrees to land in the original position
- 4 Repeat

CONDITIONING EMPHASIS

Quad and Calves
Development & Strength

DIFFICULTY MODIFICATION

Easier
Jump straight up,
rather than
the 180 degree turn

Harder
Add place marker on
floor to land in
marked position

Wall Sit Calf Raise



DIRECTIONS



- 1 Begin in a sitting position with back against wall
- 2 Lift heels off floor (calf raise) with toes touching
- 3 Repeat

CONDITIONING EMPHASIS



Quads, Calves and Glute Development & Strength

DIFFICULTY MODIFICATION



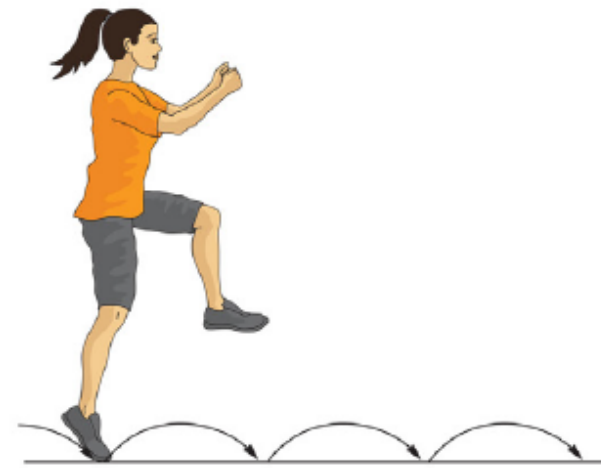
Easier

Remove the calf raise (heel lift)

Harder

Hold the position of lifting heels

Distance Hopping



DIRECTIONS

- 1 Hop three paces forward on left leg
- 2 Hop three paces forward on right leg
- 3 Turn around
- 4 Repeat

CONDITIONING EMPHASIS

Speed Training

DIFFICULTY MODIFICATION

Easier

Perform exercise with shorter hops

Harder

Use arms to propel body farther forward with each hop to cover more distance

Speed Skaters



DIRECTIONS

- 1 Begin standing with feet shoulder width apart
- 2 Jump to the right, land on the right leg
- 3 As you land, cross the left leg behind the body and extend as far as possible
- 4 While balancing on the right leg, jump off and land on the left leg
- 5 As you land, cross the right leg behind the body and extend as far as possible
- 6 Continue jumping from side to side



CONDITIONING EMPHASIS

Back, Core and Leg
Development & Strength, Agility

DIFFICULTY MODIFICATION



Easier

Follow same exercise
but at slower pace

Harder

Do not touch the back
foot to floor, keep it
hovering above
the floor to improve
balance

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

Butt Kicks



DIRECTIONS



- 1 Begin jogging in place
- 2 On back stride bring heel to butt
- 3 Repeat at rapid pace



CONDITIONING EMPHASIS



Hamstring and Glute
Development & Strength

DIFFICULTY MODIFICATION



Easier
Decrease
speed and force

Harder
Increase
speed and force

Lunge Jumps



DIRECTIONS

- 1 Step forward into lunge
- 2 From the lunge position, jump and switch legs
- 3 Land in a lunge with the opposite leg in front
- 4 Repeat

CONDITIONING EMPHASIS

Quad, Hip, and Glute Development & Power

DIFFICULTY MODIFICATION



Easier

Remove jump from exercise

Harder

Perform exercise holding a medicine ball

Sumo Squat with 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

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
Surrenders					
180 Degree Jump Squat					
Wall Sit Calf Raise					
Distance Hopping					
Speed Skaters					
Froggers					
Butt Kicks					
Lunge Jumps					
Sumo Squat with Side Bend					
Burpees					