

PE Week 1

Cardio focus

Working on fitness and smashing personal bests

- This workout is designed to improve fitness by focusing on cardio.
- 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

1 Minute Each Exercise | No Rest Between Exercises

CARDIO EMPHASIS



1. FRONT / BACK JUMP SQUATS



2. PLANK JACKS



3. SPEED SKATERS



4. BURPEES



5. SKIER HOPS



7. HIGH KNEES



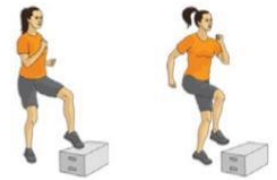
6. BUTT KICKER RUN



8. RABBIT HOPS

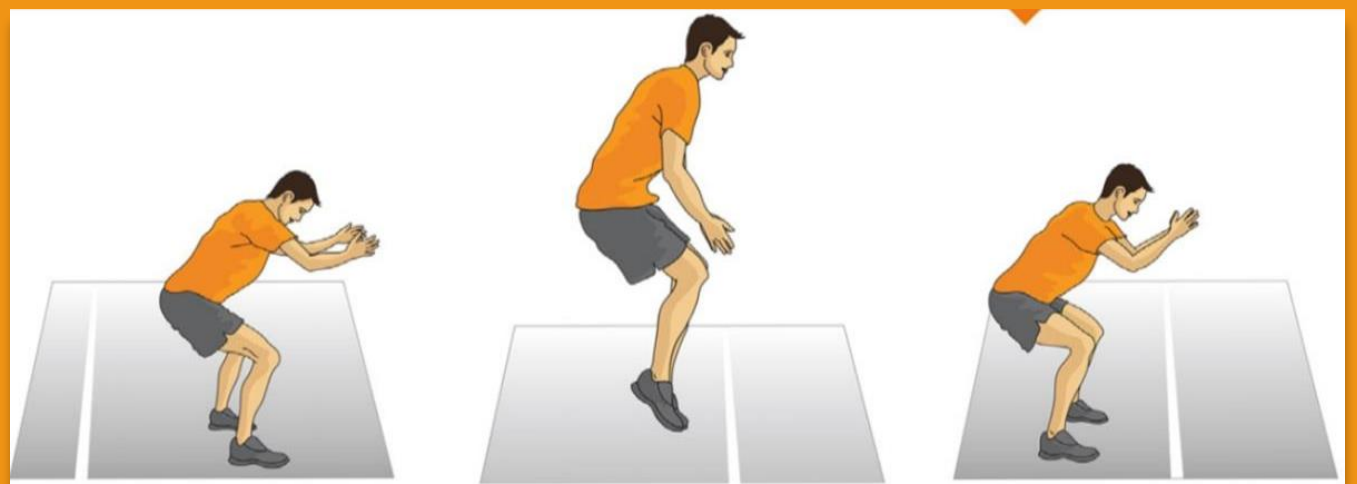


9. CRAB WALKS



10. BOX TOE TOUCHES

Front and Back Jump Squats



DIRECTIONS

- 1 Begin in a squat
- 2 From the squat jump forward
- 3 Land in a squat
- 4 Jump backward to the starting position
- 5 Repeat

CONDITIONING EMPHASIS

Quad/Glute Development & Power

DIFFICULTY MODIFICATION

Easier

Remove the jump, and do squats in place

Harder

From the squat position, jump and turn 180 degrees and land in a squat position

Plank Jacks



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

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

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



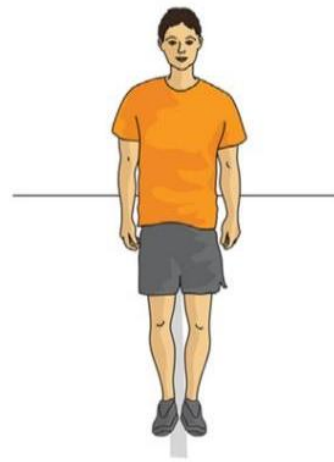
Easier

Remove the push-up
at the bottom

Harder

Replace jump with
a tuck jump

Skier Hops



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DIRECTIONS



- 1 Begin in standing position
- 2 With feet together, jump side to side
- 3 Repeat at rapid pace

CONDITIONING EMPHASIS



Agility, Calves and Quad Development & Strength

DIFFICULTY MODIFICATION



Easier

Jump slower
side to side

Harder

Jump faster
side to side

High Knees



DIRECTIONS

- 1 While jogging in place, bring knees up as high as possible
- 2 Bring right knee up to the right armpit



CONDITIONING EMPHASIS

Quads, Calves and Glute Development,
Speed Training

DIFFICULTY MODIFICATION

Easier

Follow same exercise
but at slower pace

Harder

Incorporate arms in
a running motion
to add force to jump
higher

Butt Kicker Run



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

Rabbit Hops



DIRECTIONS



- 1 Begin in standing position
- 2 With feet together, jump forward 3 hops covering as much distance as possible
- 3 Walk back to starting point
- 4 Repeat

Tip: Drive forward as powerfully as possible with each jump

CONDITIONING EMPHASIS



Speed Training

DIFFICULTY MODIFICATION



Easier
Pause between
each hop

Harder
Perform 5 hops
in a row

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

Box Toe Touches



DIRECTIONS

- 1 Tap left toes to box
- 2 Jump to switch feet, bringing the right toes up
- 3 Jump to switch feet, bringing the left toes up
- 4 Repeat



CONDITIONING EMPHASIS

Hip Flexor Strength & Development,
Balance, Coordination

DIFFICULTY MODIFICATION

Easier

Rather than jump,
step down to
switch feet

Harder

Increase the speed
of repetition

Personal Best Chart

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Front & Back Squats					
Plank Jacks					
Speed Skaters					
Burpees					
Skier Hops					
High Knees					
Butt Kicker Run					
Rabbit Hops					
Crab Walks					
Box Toe Touches					