

PE Week 2

Full Body Workout

Working on fitness and smashing personal bests

- This workout is a whole body workout.
- 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

TOTAL BODY BLAST



1. BURPEES



2. WALK OUTS



3. SUMO SQUAT WITH SIDE BEND



4. UP-DOWN PLANKS



5. SPEED SKATERS



6. PIKE PUSH-UPS



7. SURRENDERS



8. 180 DEGREE JUMP SQUAT



9. CRAB WALKS



10. SUPERMAN PLANK

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

Walk Outs



DIRECTIONS

- 1 Begin standing position
- 2 Bend over and walk hands out to plank
- 3 Push-up
- 4 Walk hands from plank back to standing
- 5 Repeat

CONDITIONING EMPHASIS

Hamstring Flexibility,
Core/Arm Strength, Balance

DIFFICULTY MODIFICATION



Easier

Remove the push-up,
and instead just walk hands
to a plank

Harder

Complete 5
push-ups each
round instead of 1

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

Up-Down Planks



DIRECTIONS

- 1 Begin in a forearm plank
- 2 Push up on right arm until extended
- 3 Push up on left arm so that both are extended in a straight arm plank
- 4 Lower left arm to forearm plank
- 5 Lower right arm to forearm plank
- 6 Repeat, alternating first arm extended

CONDITIONING EMPHASIS

Core and Arm
Strength & Development

DIFFICULTY MODIFICATION

Easier

Perform exercise
with knees touching

Harder

Add a push up
when arms are
straight

Speed Skaters



DIRECTIONS



CONDITIONING EMPHASIS



- 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

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

Pike Push-Ups



DIRECTIONS



- 1 Begin in an A frame position with toes and hands on the floor, with hands touching in a diamond shape
- 2 Lower head to the floor, keeping elbows to the side of the head
- 3 Push up to original position
- 4 Repeat

CONDITIONING EMPHASIS



Shoulder, Triceps, and Core Strength & Development

DIFFICULTY MODIFICATION



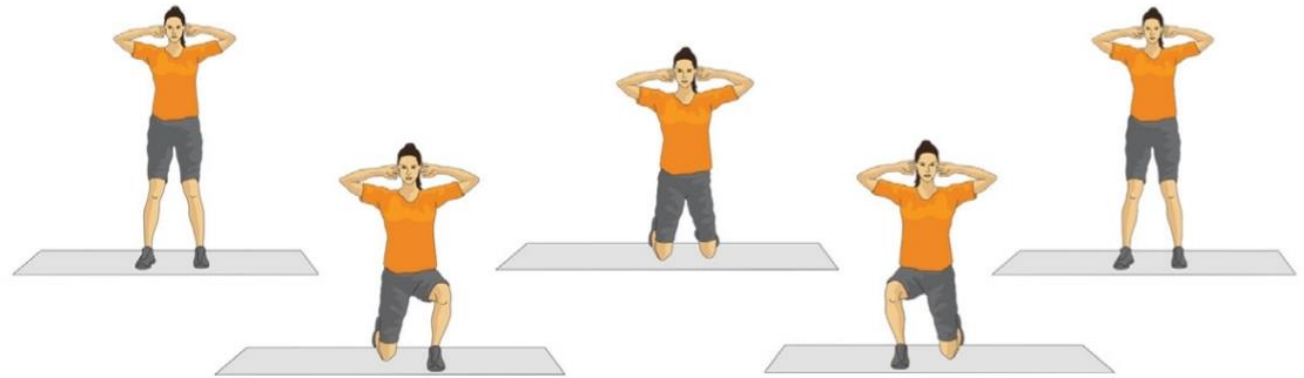
Easier

Move down halfway to the ground before coming back up

Harder

Try to lower head slowly (3 counts) and push back up quickly (1 count)

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

180 Degree Jump Squat



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

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



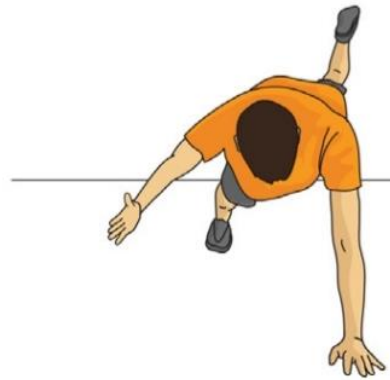
Easier

Allow seat to rest
on floor after 10 steps

Harder

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

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

Personal Best Chart

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Burpees					
Walk Outs					
Sumo Squat with Side Bend					
Up-Down Planks					
Speed Skaters					
Pike Push-Ups					
Surrenders					
180 Degree Jump Squat					
Crab Walks					
Superman Plank					