

PE Week 4

Speed Training

Working on fitness and smashing personal bests

- Welcome to week 4! This workout is going to focus on your speed 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

SPEED TRAINING



1. DISTANCE HOPPING



2. BUTT KICKERS



3. BOUNDING



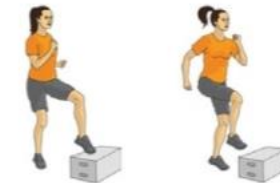
4. SKIER HOPS



5. RABBIT HOPS



6. LUNGE JUMP



7. BOX TOE TOUCHES



8. HIGH KNEES

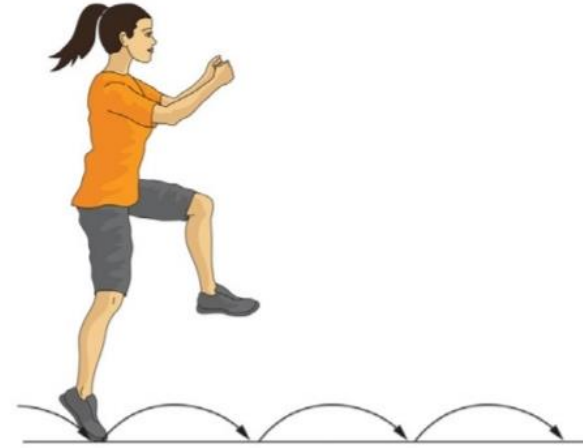


9. WALL SIT WITH CALF RAISE



10. BURPEES

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

Butt Kickers



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

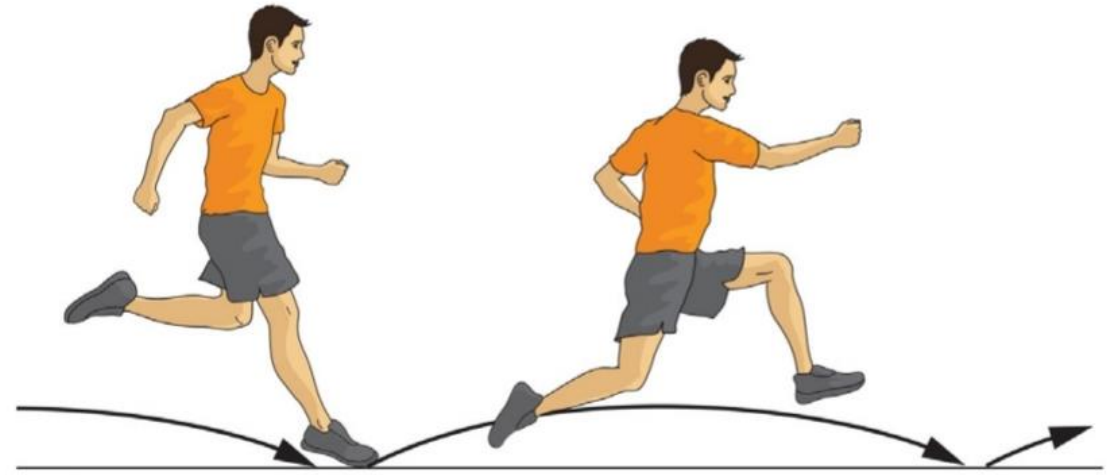
DIFFICULTY MODIFICATION



Easier
Decrease
speed and force

Harder
Increase
speed and force

Bounding



DIRECTIONS

- 1 Take four bounding strides, emphasizing distance
- 2 Turn around
- 3 Return to plank

CONDITIONING EMPHASIS

Speed Training

DIFFICULTY MODIFICATION

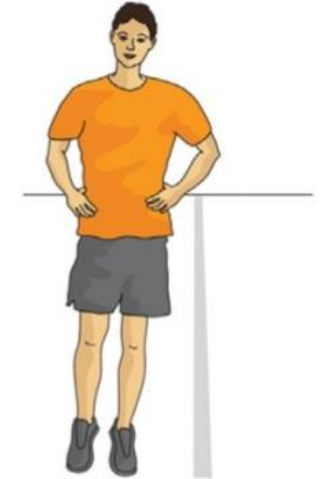
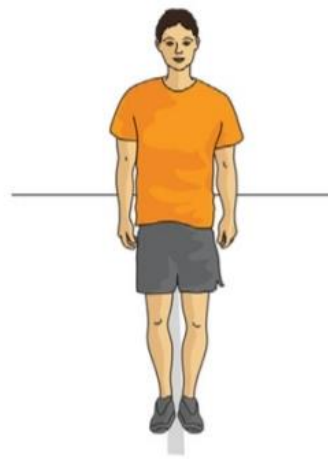
◀ Easier

Perform exercise
with shorter bounds

▶ Harder

Perform exercise
with longer bounds

Skier Hops



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



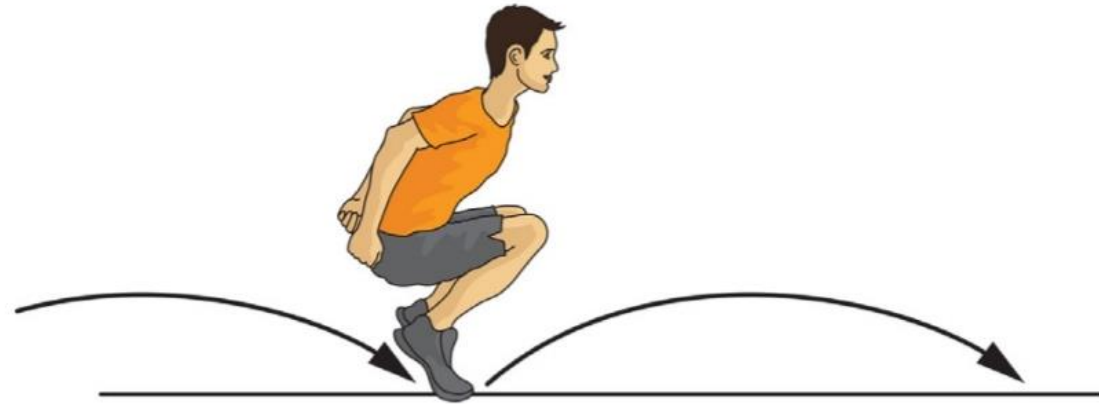
Easier

Jump slower
side to side

Harder

Jump faster
side to side

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

Lunge Jump



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

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

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

Wall Sit with 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

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
Distance Hopping					
Butt Kickers					
Bounding					
Skier Hops					
Rabbit Hops					
Lunge Jump					
Box Toe Touches					
High Knees					
Wall Sit with Calf Raise					
Burpees					