

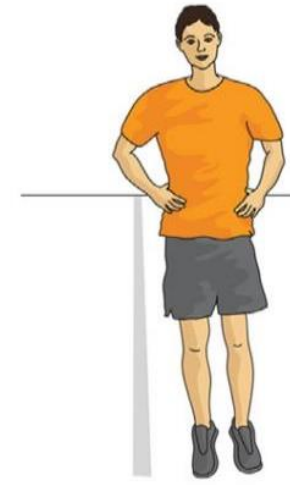
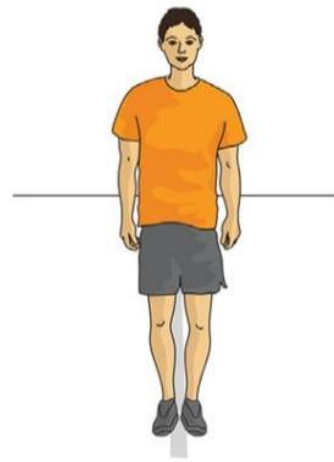
PE

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 second half of the workout and instructions on how to complete each exercise.
- One circuit takes 5 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
- 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.

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

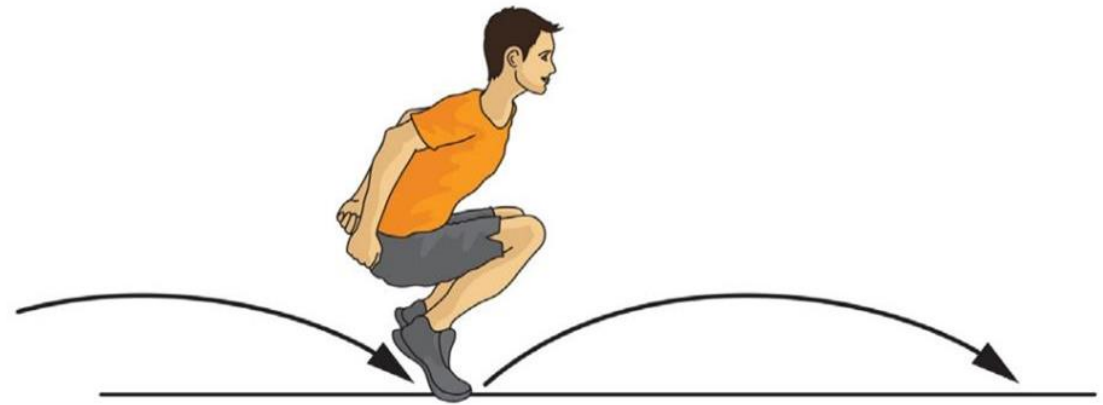
DIFFICULTY MODIFICATION



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 - second half

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
High Knees					
Butt Kicker Run					
Rabbit Hops					
Crab Walks					
Box Toe Touches					

Challenge

Now you know both halves of the cardio workout, you can put them together and complete a 10 minute challenge!

Personal Best Chart - all 10

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					