

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 first half of the full 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, 6 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.

The Workout

We will build up to all ten. This week, we are going to look at just 1 - 5.

Just like all subjects, elements can be adapted to make it easier/harder if you want!

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



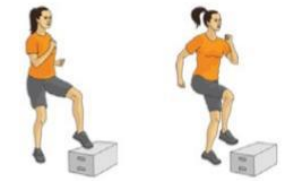
6. BUTT KICKER RUN



8. RABBIT HOPS

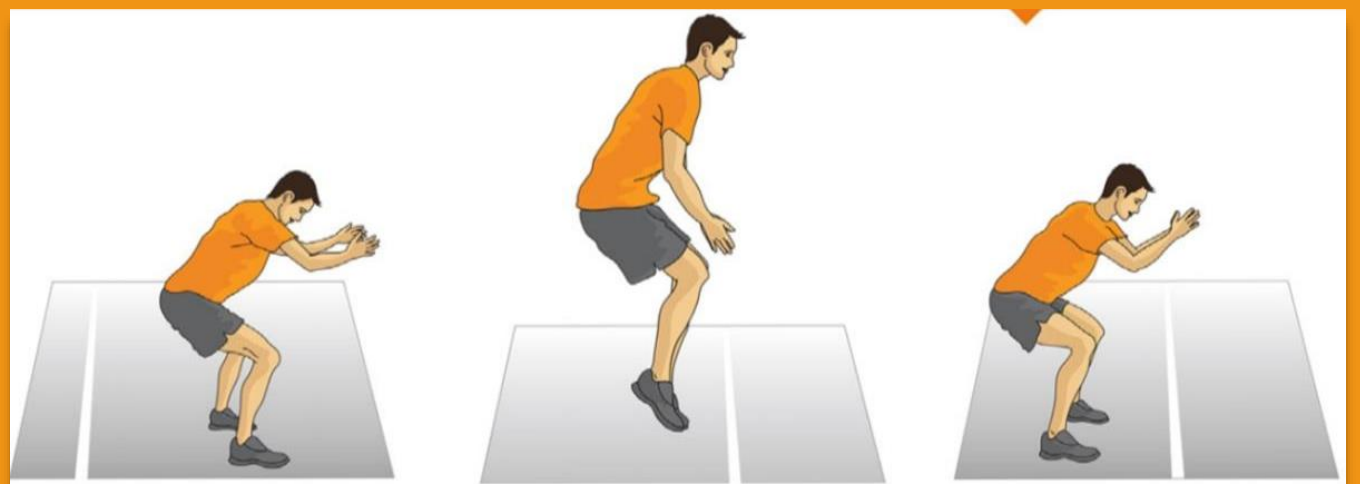


9. CRAB WALKS



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

Personal Best Chart - first half

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Front & Back Squats					
Plank Jacks					
Speed Skaters					
Burpees					
Skier Hops					