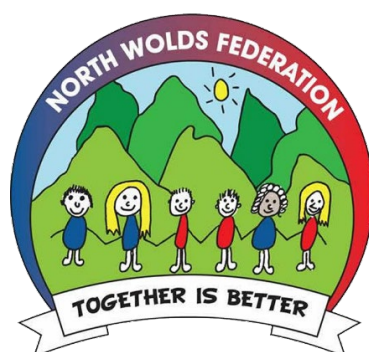


# North Wolds Federation

## Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
<p><b>KS2</b></p>	<p><b>Tabata training</b></p> <p>Play the song in the link attached and complete a Tabata workout using the following exercises;            Star Jumps            Down Ups            Torso Twists            Spotty Dogs            Squats            Bicycle legs            Upward punches            Sprint on the spot</p> <p>Complete as many as you can in 20 seconds!</p> <p><b>Extension – Design your own Tabata work out.</b></p>	<p><b>Song to use -</b>  <a href="https://www.youtube.com/watch?v=VHYvoEeJh8Y">https://www.youtube.com/watch?v=VHYvoEeJh8Y</a></p> <p>Tabata training is a type of circuit training but is specific in its construction. It is 20 seconds of maximal (all of your effort) exercise and then 10 seconds rest. This is then repeated 8 times to give us a 4 minute workout.</p> <p><b>Exercise Explanations</b></p> <p><b>Down Ups</b> – from standing, take you body down to the floor so you are laid on your front, chest on the floor and then stand up again.</p> <p><b>Torso twists</b> – in a standing position, hold arms in front with bent elbows at chest height and twist to the left and then right while keeping the hips fixed.</p> <p><b>Bicycle legs</b> – Lay down on your back with your feet in the air and cycle them around like you are peddling a bike.</p> <p>Remember you need 8 exercises or choose 4 and repeat them twice.</p>

We encourage you to tweet any achievements to @Northwoldsfed or email them to [Daniel.toothill@marketrasen.lincs.sch.uk](mailto:Daniel.toothill@marketrasen.lincs.sch.uk)