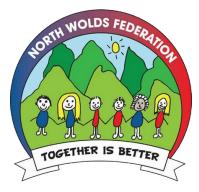
North Wolds Federation

Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
KS2	 Pairs Work out I've got your back Stand back to back with your partner. Then sit down until you both have your knees at right angles. Then stand up again. This is one rep. To make it harder you can go all the way to the floor and all the way up or hold the seated position for 10 seconds. Plank High 5's In the plank position facing one another both lift your right hand and high five then place it back down. Then lift your left hand, high five and place it back down. Repeat this action. Every cycle of 2 is a rep. 	PLANK IVE GOT OUT BACK IVE GOT OUT BACK IVE GOT OUT BACK IVE GOT IVE GOT OUT BACK IVE GOT OUT BACK IVE GOT IVE GO

 1	
1 arm rotating squats	You can complete it as an Emom – every
Both people in the pair	minute on the minute.
squat facing each other	
and then link opposite	So you would complete each exercise for a
arms grabbing each	minute before moving onto the next. Rest
other by the forearm.	for 2 minutes after the four exercises and
With the other arm the	then repeating.
pair both twist and	
reach behind as far	Extension:
possible (without	Can you think of some paired exercises?
falling)	
They then bring their	
arm back to the middle	
and swap arms still in	
the squatting position.	
They complete this	
movement one on each	
side for a rep.	
Hop over the plank	
One person lays in the	
plank position, while	
the other person does	
2 feet to 2 feet jumps	
over them. After 10	
jumps are completed	
the pairs swap	
positions. This can be	
made harder by	
performing a squat or	
burpee after each jump	
over.	
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We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk