

North Wolds Federation

Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
<p>KS2</p>	<p>Pairs Work out</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>The above workout can be done as a circuit:</p> <p>10 reps of each before moving on. 2 mins rest and then repeat 4 times.</p> <p>Or</p>

	<p>1 arm rotating squats Both people in the pair squat facing each other and then link opposite arms grabbing each other by the forearm. With the other arm the pair both twist and reach behind as far possible (without 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.</p> <p>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.</p>	<p>You can complete it as an Emom – every minute on the minute.</p> <p>So you would complete each exercise for a minute before moving onto the next. Rest for 2 minutes after the four exercises and then repeating.</p> <p>Extension: Can you think of some paired exercises?</p>
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We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk