

North Wolds Federation

Fitness and Skills Workouts



Monday	Fitness Work out	Teaching points
---------------	-----------------------------	------------------------

<p>KS2</p>	<p>5-4-3-2-1 workout</p> <p>Complete the workout as detailed opposite.</p> <p>Jumping jacks – star jumps</p> <p>Power jacks – burpees with a star jump.</p> <p>Wall sit – sit with your back against a wall.</p> <p>Tricep dips put your hands on the sofa behind you and dip your body down and then push it back up.</p> <p>Dumbbell Back rows – bend forward at the waist with two weighted items, one in each hand. Then pull them up behind you and then relax, repeat.</p>	<h2 style="text-align: center; margin: 0;">5-4-3-2-1 Workout</h2> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>5 Minutes:</p> <p>1 min Jumping Jacks</p> <p>1 min high knees</p> <p>1 min butt kickers</p> <p>1 min power jacks</p> <p>1 min high knees</p> <p>4 Minutes</p> <p>1 minute squats</p> <p>1 minute wall sit</p> <p>1 minute jump squats</p> <p>1 minute wall sit</p> </td> <td style="width: 50%; vertical-align: top;"> <p>3 Minutes</p> <p>15 Tricep Dips</p> <p>15 Pushups</p> <p>15 Dumbbell back rows</p> <p>(Repeat for 3 min)</p> <p>2 Minutes</p> <p>1 Minute Walking Lunges</p> <p>1 Minute Jumping Lunges</p> <p>1 Minute</p> <p>Plank</p> </td> </tr> </table> <p style="text-align: center; font-weight: bold; margin-top: 10px;">Total Time: 15 Min Repeat 2-3 Times for best results</p> <p>Extension1: What other exercises can you think of that you could replace some of the work out ideas on the plan above?</p> <p>Extension2: Go in reverse start with 1 minute then go 2,3,4 and finally 5.</p>	<p>5 Minutes:</p> <p>1 min Jumping Jacks</p> <p>1 min high knees</p> <p>1 min butt kickers</p> <p>1 min power jacks</p> <p>1 min high knees</p> <p>4 Minutes</p> <p>1 minute squats</p> <p>1 minute wall sit</p> <p>1 minute jump squats</p> <p>1 minute wall sit</p>	<p>3 Minutes</p> <p>15 Tricep Dips</p> <p>15 Pushups</p> <p>15 Dumbbell back rows</p> <p>(Repeat for 3 min)</p> <p>2 Minutes</p> <p>1 Minute Walking Lunges</p> <p>1 Minute Jumping Lunges</p> <p>1 Minute</p> <p>Plank</p>
<p>5 Minutes:</p> <p>1 min Jumping Jacks</p> <p>1 min high knees</p> <p>1 min butt kickers</p> <p>1 min power jacks</p> <p>1 min high knees</p> <p>4 Minutes</p> <p>1 minute squats</p> <p>1 minute wall sit</p> <p>1 minute jump squats</p> <p>1 minute wall sit</p>	<p>3 Minutes</p> <p>15 Tricep Dips</p> <p>15 Pushups</p> <p>15 Dumbbell back rows</p> <p>(Repeat for 3 min)</p> <p>2 Minutes</p> <p>1 Minute Walking Lunges</p> <p>1 Minute Jumping Lunges</p> <p>1 Minute</p> <p>Plank</p>			

We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk