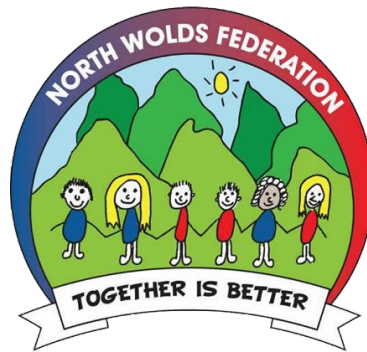



North Wolds Federation

Fitness and Skills Workouts



Tuesday	Fitness Work out	Teaching points
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<p>KS2</p>	<p>5 x 5 Workout</p> <p>5 movements and 5 rounds, this is the 5 x 5 workout.</p> <p>For this workout you will need a stopwatch/clock and a wall.</p> <p>Alternating high knees – jogging with high knees</p> <p>Wall presses – stand facing a wall, lean forwards and place your hands on the wall. Perform a press up action. The further from the wall you are the harder this is.</p> <p>180 jumps – jump and turn 180 degrees in the air</p> <p>Wall sit/plank refer to last weeks sessions</p>	<div style="background-color: #e0f2f1; padding: 10px;">  <p>Round 1 30 seconds each</p> <p>Alternating High Knees Wall Presses 180 Jumps Wall Sit Plank</p> <p>Round 2 25 seconds each</p> <p>Alternating High Knees Wall Presses 180 Jumps Wall Sit Plank</p> <p>Round 3 20 seconds each</p> <p>Alternating High Knees Wall Presses 180 Jumps Wall Sit Plank</p> <p>Round 4 15 seconds each</p> <p>Alternating High Knees Wall Presses 180 Jumps Wall Sit Plank</p> <p>Round 5 10 seconds each</p> <p>Alternating High Knees Wall Presses 180 Jumps Wall Sit Plank</p> <p>Extension1: Change up the exercises, try all cardio.</p> <p>Extension2: Try 3x3 or 6x6 and even change the times in each round.</p> </div>
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We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk