North Wolds Federation Fitness and Skills Workouts



Tuesday	Fitness Work	Teaching points
	out	

5 x 5 Workout Round 1 KS2 30 seconds each 5 movements and 5 rounds, Alternating High Knees this is the 5 x 5 Wall Presses workout. Round 2 180 Jumps Wall Sit For this 25 seconds each Plank workout you Alternating High Knees will need a Wall Presses stopwatch/clock 180 Jumps Round 3 and a wall. Wall Sit Plank 20 seconds each Alternating high knees - jogging Alternating High Knees with high knees Wall Presses Round 4 Wall presses -180 Jumps Wall Sit stand facing a 15 seconds each wall, lean Plank forwards and Alternating High Knees place your Wall Presses Round 5 hands on the 180 Jumps wall. Perform a Wall Sit 10 seconds each press up action. Plank The further Alternating High Knees from the wall Wall Presses you are the 180 Jumps harder this is. Wall Sit Plank 180 jumps jump and turn Extension1: 180 degrees in Change up the exercises, try all cardio. the air Extension2: Wall sit/plank Try 3x3 or 6x6 and even change the times in each round. refer to last weeks sessions

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