

# PE Week 1

Cardio focus

# Working on fitness and smashing personal bests

- This workout is designed to improve fitness by focusing on cardio.
- It can be used in many ways and by everyone from child to adult.
- The following slides show the whole workout and instructions on how to complete each exercise.
- One circuit takes 10 minutes with no breaks, longer if you add a 30 second or 1 minute break in between exercises for recovery (this is advisable for those of us who aren't as active as top athletes).
- The exercises have advice on how to make them easier or harder and you can complete the circuit as many times as you wish, 3 complete circuits is a good average to aim for as it ensures 30 minutes of activity (not including recovery time).
- These exercises also use fundamental movement skills which will benefit our younger children who need to develop a firm foundation of co-ordination and balance at a young age.
- Included at the end of this presentation is a table for you to record how many of each exercise you managed to do within the minute. Either print off that slide and complete, or complete on the slide if you save a copy of the presentation. Hopefully you will complete this training session at least 3 times in a week (one of those will be your PE lesson). Each time you do the circuit you should be trying to smash your last score! Push yourself as much and as hard as you can. No pain, no gain! The table has space for 5 attempts in a week.
- If you complete 3 sets of the circuit within one session and you are recording your best attempts, either record your highest score out of the 3 circuits, or calculate the average by adding all 3 scores together and dividing by 3.

# The Workout

1 Minute Each Exercise | No Rest Between Exercises

## CARDIO EMPHASIS



1. FRONT / BACK JUMP SQUATS



2. PLANK JACKS



3. SPEED SKATERS



4. BURPEES



5. SKIER HOPS



7. HIGH KNEES



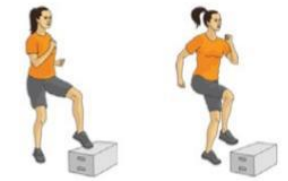
6. BUTT KICKER RUN



8. RABBIT HOPS



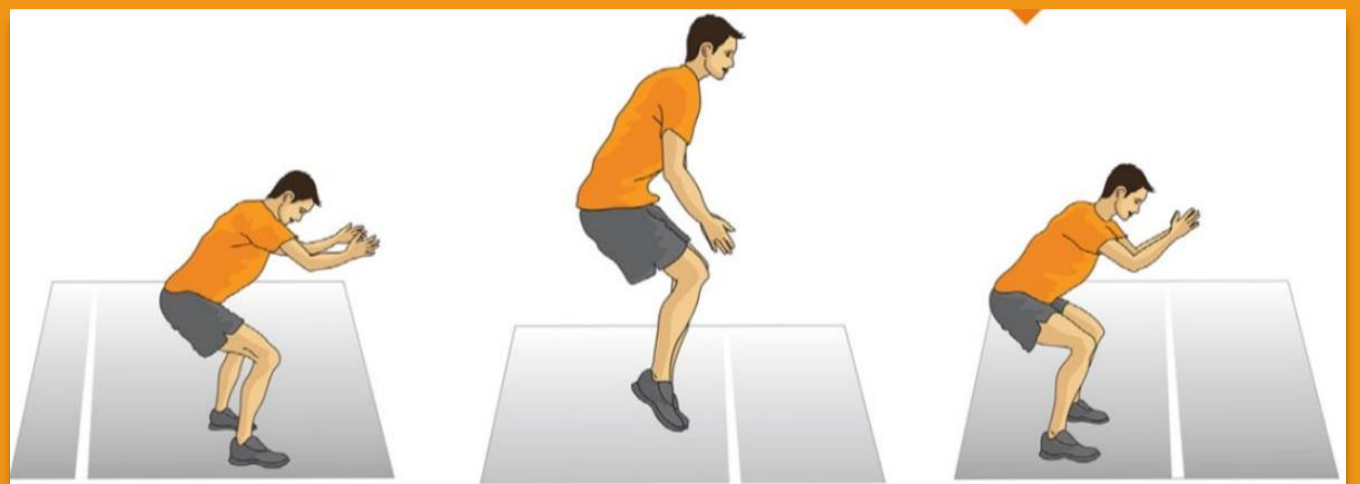
9. CRAB WALKS



10. BOX TOE TOUCHES



# Front and Back Jump Squats



## DIRECTIONS



- 1 Begin in a squat
- 2 From the squat jump forward
- 3 Land in a squat
- 4 Jump backward to the starting position
- 5 Repeat

## CONDITIONING EMPHASIS



Quad/Glute Development & Power

## DIFFICULTY MODIFICATION



### Easier

Remove the jump, and do squats in place

### Harder

From the squat position, jump and turn 180 degrees and land in a squat position

# Plank Jacks



## DIRECTIONS



- 1 Start in plank position
- 2 Jump feet apart into a straddle
- 3 Return to original position
- 4 Repeat

## CONDITIONING EMPHASIS



Core and Lower Back  
Strength & Development

## DIFFICULTY MODIFICATION



### Easier

Remove the jump  
and walk feet out to  
straddle position

### Harder

Add a push-up  
when the legs  
are together

# Speed Skaters



## DIRECTIONS

- 1 Begin standing with feet shoulder width apart
- 2 Jump to the right, land on the right leg
- 3 As you land, cross the left leg behind the body and extend as far as possible
- 4 While balancing on the right leg, jump off and land on the left leg
- 5 As you land, cross the right leg behind the body and extend as far as possible
- 6 Continue jumping from side to side



## CONDITIONING EMPHASIS

Back, Core and Leg  
Development & Strength, Agility

## DIFFICULTY MODIFICATION



### Easier

Follow same exercise  
but at slower pace

### Harder

Do not touch the back  
foot to floor, keep it  
hovering above  
the floor to improve  
balance

# Burpees



## DIRECTIONS



- 1 Begin standing
- 2 Drop down to a plank
- 3 Do a push-up
- 4 Bring legs to arms
- 5 From the ground jump up
- 6 Repeat

## CONDITIONING EMPHASIS



Full Body Strength & Development

## DIFFICULTY MODIFICATION



**Easier**

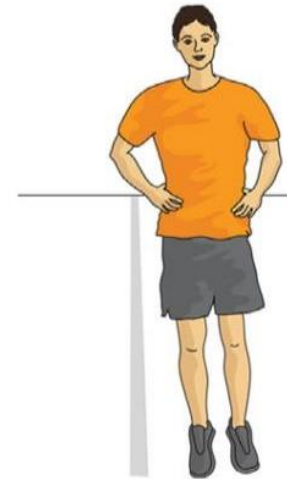
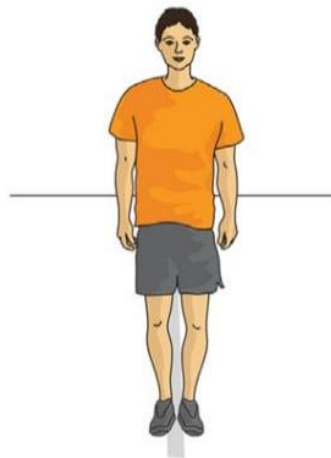
Remove the push-up  
at the bottom

**Harder**

Replace jump with  
a tuck jump



# Skier Hops



16/47

## DIRECTIONS



- 1 Begin in standing position
- 2 With feet together, jump side to side
- 3 Repeat at rapid pace

## CONDITIONING EMPHASIS



Agility, Calves and Quad Development & Strength

## DIFFICULTY MODIFICATION



**Easier**

Jump slower  
side to side

**Harder**

Jump faster  
side to side



# High Knees



## DIRECTIONS



- 1 While jogging in place, bring knees up as high as possible
- 2 Bring right knee up to the right armpit



## CONDITIONING EMPHASIS



Quads, Calves and Glute Development,  
Speed Training

## DIFFICULTY MODIFICATION



### Easier

Follow same exercise  
but at slower pace

### Harder

Incorporate arms in  
a running motion  
to add force to jump  
higher

# Butt Kicker Run



## DIRECTIONS



- 1 Begin jogging in place
- 2 On back stride bring heel to butt
- 3 Repeat at rapid pace



## CONDITIONING EMPHASIS



Hamstring and Glute Development & Strength

## DIFFICULTY MODIFICATION



<b>Easier</b>	<b>Harder</b>
Decrease speed and force	Increase speed and force

# Rabbit Hops



## DIRECTIONS



- 1 Begin in standing position
- 2 With feet together, jump forward 3 hops covering as much distance as possible
- 3 Walk back to starting point
- 4 Repeat

**Tip:** Drive forward as powerfully as possible with each jump

## CONDITIONING EMPHASIS



Speed Training

## DIFFICULTY MODIFICATION



**Easier**

Pause between  
each hop

**Harder**

Perform 5 hops  
in a row



# Crab Walks



## DIRECTIONS



- 1 Begin in a crab position, with hands and feet on the ground and stomach facing up
- 2 Walk forward 10 steps
- 3 Walk backward 10 steps
- 4 Repeat

## CONDITIONING EMPHASIS



Triceps and Core  
Development & Strength

## DIFFICULTY MODIFICATION



### Easier

Allow seat to rest  
on floor after 10 steps

### Harder

After going forward  
and backward 10  
steps, go side to  
side 10 steps  
each

# Box Toe Touches



## DIRECTIONS

- 1 Tap left toes to box
- 2 Jump to switch feet, bringing the right toes up
- 3 Jump to switch feet, bringing the left toes up
- 4 Repeat



## CONDITIONING EMPHASIS

Hip Flexor Strength & Development,  
Balance, Coordination

## DIFFICULTY MODIFICATION

**Easier**  
Rather than jump,  
step down to  
switch feet

**Harder**  
Increase the speed  
of repetition

# Personal Best Chart

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Front & Back Squats					
Plank Jacks					
Speed Skaters					
Burpees					
Skier Hops					
High Knees					
Butt Kicker Run					
Rabbit Hops					
Crab Walks					
Box Toe Touches					