**PE - Fitness**

**Session 1:**

Warm-up

1. March on the spot for 1 minute – high knees
2. Jog on the spot for 1 minute
3. Lie down on your back, get up and jump x4
4. Lie down on your tummy, get up and jump x4
5. Stretch up to the sky and take a deep breath x4

Tabata

Tabata is the name for a type of workout which is four-minutes long consisting of 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest.

Tabata round 1:

* 20 seconds of jogging with high knees
* 10 seconds rest
* Complete this 8 times
* Rest for 2–3 minutes

Tabata round 2:

* 20 seconds of burpees (see diagram)
* 10 seconds rest
* Complete this 8 times
* Rest for 2-3 minutes

Cool down

* March on spot for 16 – 32 beats allowing heart rate to drop.
* Lie down on back, arms and legs relaxed at side. Close eyes. Breath in through the nose and out through the mouth at own pace 5 times.
* Tense all muscles in the body, hold for 10 seconds, release.

**Session 2:**

Warm-up

1. Jumping on the spot x 16 beats

2. Jog in a circle to the left x 8

3. Jog in a circle to the right x 8 beats

4. Windmill arms forward x 10

5. Windmill arms backwards x 10

6. Stretch up to the sky and take a deep breath x 4

EMOM

An EMOM stands for Every Minute On the Minute.

In this exercise, you will complete one exercise for 1 minute then change to the next. This is a 20-minute EMOM.

* Minute 1 = Push Ups
* Minute 2 = Jumping Squats
* Minute 3 = Plank (see diagram below - remember to try to keep your body in a straight line!)
* Minute 4 = Skipping (with rope if available and able)
* Minute 5 = Rest and have a drink of water!

Repeat the above 5 minute activities four times to complete the 20-minute workout.

*Easier: Push ups on knees. Standard squats. Plank against wall*



Cool-down

* March on spot for 16 – 32 beats allowing heart rate to drop.
* Lie down on back, arms and legs relaxed at side. Close eyes. Breath in through the nose and out through the mouth at own pace 5 times.
* Tense all muscles in the body, hold for 10 seconds, release.

**Well done!**