**PE - Fitness**

**Session 3:**

Warm-up

Play Simon Says:

Ideas to try – 3 point balance, 2 point balance, jumping air squat, v-sit, touch toes, jump as high as possible, spring on the spot, high knees, freeze.

Strength work

Time each position for 20 – 25 seconds before moving onto the next. Add a rest between the 3 rounds e.g. 20 or 30 seconds.

1. Plank

2. Arch hold

3. Bridge

4. Tiptoe balance

Repeat three times.

AMRAP (As Many Reps As Possible) 15:

You should record how many rounds and reps you completed in the 15-minute time limit.

* 5 sit ups
* 5 burpees (see diagram from last week)
* 5 star jumps
* 5 mountain climbers (see diagram right)

When you have finished one round you should start again and keep going through the exercises for 15 minutes.

Cool down

* Lie on your back.
* Leave the left leg on the floor extended or slightly bent.
* Draw the right knee towards the chest and lace fingers over shin to hold leg.
* Allow shoulders to relax.
* Take 8 to 10 breaths in through the nose out and out through the mouth.
* Swap legs and repeat 2 or 3 times

**Session 4:**

Warm-up

Play Simon Says:

Ideas to try – 3 point balance, 2 point balance, jumping air squat, v-sit, touch toes, jump as high as possible, spring on the spot, high knees, freeze.

8-minute Exercise Ladder

A ladder refers to an increasing number of reps throughout a workout. In this instance, it is 3, 6, 9, 12 and so on. What rung of the ladder can you reach in 8 minutes? Have a short break between each set.

Start with:

* 3x lunge walks
* 3x Burpees
* 3x Star jumps
* 3x air squats (see below – add a jump to increase the difficulty!)
* 3x push ups (can be a full push up, from knees, or against a wall)

Then move to 6 reps, 9 reps, 12 reps etc.

What rung of the ladder can you reach in 8 minutes?



Cool-down

* Climb the ladder – Pretend to climb a ladder stretching arms and knees, slowly working up the ladder – perform for 15 – 20 seconds then move to…
* Butterfly Wings – Sit on the floor with soles of your feet touching, you should gently move your knees up and down like beating wings – perform for 15-20 seconds then move to …..
* Tunnel Toes – Stand feet shoulder-width apart you should reach down left hand to right foot and hold for 15 seconds, switch sides, then move back to climb the ladder repeat 2 or 3 times until you are calm and cool.

**Well done!**