

Transition Ribblesdale Physical Education Activities 2020 Remote Learning

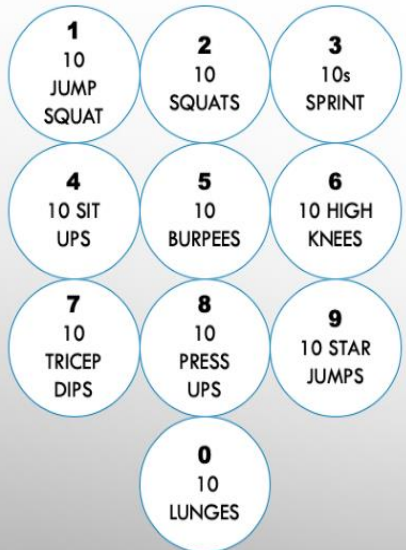
PERi-ometer

Choose one of the levels on the PERi-ometer and then select a workout from that section. Your rest periods are at the side of the table and don't forget to repeat it! Any exercises you are not sure about, look them up on Google! All you need is appropriate workout clothing and a drink of water for your rest periods. Work hard and enjoy the exercise. Remember physical activity helps to release **endorphins**. What is this?

Enjoy your lesson and use the scale underneath. Year 6 – 7 mild to medium strength - you can challenge yourself, but not too much. Remember, always feel out of breath or breathing deeper when exercising but do not injure yourself!!!!



| | | | | |
|---|---|---|---|------------------------------|
| 45 second wall sit 30 second alternate arm/leg plank 45 second leg raises 20 jump squats 30 sit ups Repeat 3 times | Run up the stairs 20 times 25 calf raises 20 bicep curls (use tins, bottles of water etc) 20 Shoulder presses (as above) 15 walking lunges (each leg) Repeat 3 times | 20 knee/normal push ups 1 minute mountain climbers 1 minute burpees 1 minute wall sit 1 minute plank Repeat 3 times | 1 minute air punches 30 tuck jumps 30 crunches 1 minute leg raises 1 minute flutter kicks Repeat 3 times | 1 minute rest between sets |
| Run up the stairs 10 times 10 knee/normal push ups 15 squats 10 lunges (each leg) 15 sit ups Repeat 3 times | 30 second wall sit 30 second star jumps 15 crunches 15 bicep curls (use tins, bottles of water etc) 20 seconds jump squats Repeat 3 times | 30 seconds mountain climber 30 seconds high knees 15 seconds side plank (each side) 20 sit ups 20 seconds air punches Repeat 3 times | 30 seconds burpees 30 seconds heel kicks 30 seconds flutter kicks Run up the stairs 10 times Plank 30 seconds Repeat 3 times | 45 seconds rest between sets |
| 20 tuck jumps 10 knee push ups 10 walking lunges (on each leg) 20 second plank Repeat 3 times | 25 star jumps 10 sit ups 10 shoulder presses (use tins of bean, bottles of water etc) 15 second side plank (each side) Repeat twice | Run up the stairs 5 times 15 calf raises (edge of a step) 20 second wall sit 15 sit ups 20 second plank Repeat twice | 15 bicep curls (use tins, bottles of water etc) 25 seconds high knees 10 crunches 10 knee push ups Repeat 3 times | 45 seconds rest between sets |
| 20 star jumps 5 knee push ups 5 walking lunges (on each leg) 15 second plank Repeat twice | 5 sit ups 10 squats 20 seconds high knees 10 second side plank (each side) Repeat twice | 10 tuck jumps 5 crunches 10 bicep curls (use tins of beans, bottles of water etc) 15 second plank Repeat twice | 5 knee push ups 10 squats 20 seconds heel kicks 5 sit ups 10 calf raises (do this on the edge of a step) Repeat twice | 30 seconds rest between sets |



1
10 JUMP SQUAT
2
10 SQUATS
3
10s SPRINT
4
10 SIT UPS
5
10 BURPEES
6
10 HIGH KNEES
7
10 TRICEP DIPS
8
10 PRESS UPS
9
10 STAR JUMPS
0
10 LUNGES

DIAL-A-WORKOUT

Each number represents different exercises you need to complete.

1) Ribblesdale High School
01200 422563

2) Ribblesdale Football Club
01200 423344

3) Your mobile number _____

4) Your friends mobile number _____

Take a 30s rest after each phone number

Repeat X3

Cardio in the household

Put on your favourite music tracks to give you some inspiration to get active. Follow the directions, you can complete this in a small space. Use a tin of food in each hand for additional weight and challenge.

Warm up – Jogging on the spot, 30 seconds, high knees and heel flicks for 30 secs each.

Dynamic stretches, over the gates, back over the gates, arm circles both arms, single arms.

Challenge task, you may need a towel or mat to use.

Bicep curls with tins – 10 each arm x 3 sets

Squats – 3 x 10 sets with tins

Sit ups with sofa – feet up, tins in hand 3 x 10 sit ups

Sofa – Triceps dips, legs bent or challenge legs straight 3 x 10

Stairs step ups 1 min x 3 , 2 minute rests in-between

Plank, no Pendle Hills please, time for over 30 seconds and try 3 times

Star jumps – with tins 3 x 20

Press ups with feet on sofa, try 5, then 10, then 15 if this is too hard bend your knees, feet off the sofa

Touching cones for 1 minute – you can use cushions gap of 2 metres apart

Cool Down – walking slowly on the spot circle arms. Stretch up and down to the knees, feet apart rotate to the left and hold for 5 seconds and rotate to the right and hold for 5 seconds.

Enjoy!