

## Key stage 3 PE sheet

It is important that through the coronavirus phase you're keeping physically active as it can "improve your overall fitness, which can help boost your immune system."

In this pack you will receive;

- A home workout which anyone in your home can use and join in
- Ways in which you can make that workout more difficult or easier
- How to work out your maximum heart rate
- Recommended pass time sport activities to use around the house and on the back garden.
- Recommended sports to watch on you tube

### Workout

The following workout can be used at home or in the garden. It is designed to maintain and improve fitness levels during the isolation process. **However, it is advised to not do this if feeling unwell.**

Station 1. (Muscular endurance) Muscle Focus: Triceps, Pectorals

Station 1 is a classic and that is press ups. The correct setup for a standard press-up is to position your hands shoulder-width apart, or a little bit wider. As you bend your elbows and lower toward the ground, your elbows should be at about a 45-degree angle to your body with your chest just above the floor.



To make this **easier** perform the same technique but this time perform them on your knees or elevate your legs by putting them on your bed, sofa or chair.

To make this more **difficult** when your chest is touching the floor hold the press up for 3 seconds then go back up.

## Station 2. (Muscular endurance) Muscle Focus: Abdominals

Station 2 is another class up but this time performing sit ups. Lie down on your back, then bend your legs and place feet firmly on the ground to stabilize your lower body, cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck, curl your upper body all the way up toward your knees. Exhale as you lift, slowly, lower yourself down, returning to your starting point.



To make this easier use your hands as momentum to help you up and have someone hold your feet.

To make this harder increase the amount of sit ups you do.



## Station 3. (Muscular Strength) Muscle Focus: Hamstring, Gastrocnemius

Station 3 is an exercise in which many people haven't done before. They're the Single leg dumbbell raise. Stand with feet hip-width apart, holding one or two dumbbells (your choice) in front of the thighs, palms facing you. With your legs mostly straight, hinge forward at the waist while lifting one foot off the ground. Keep the lifted leg straight as you lower the weight down towards your standing foot. Lower until you feel a stretch in the standing leg. If you don't have any weights at home use bottles of water, tins and bags with things in.



To make this easier don't use a weight and touch the floor with your hand.

To make this harder increase the weight in your hands.

Station 4. (Muscular Strength) Muscle Focus: Hamstring, Gastrocnemius, Quadricep

Station 4 is squats. Stand with your feet shoulder-width apart and arms straight out in front of you at shoulder level. If you need a modification, keep your arms out in front of you to help maintain an upright torso. Lower your body towards the ground by shifting your hips backwards and bending your knees. Make sure to keep your head up and back straight. Go down as far as your strength and mobility allow, aiming to break parallel. Keep your weight balanced between your midfoot and heel. Return to standing by pushing the earth away with your feet, straightening your knees, and extending your hips until you're standing upright. Squeeze your glutes at the top of the movement.



To make this easier perform box squats and squat on your sofa or bed then stand back up.

To make this harder use weights or increase the amount of weight.

Station 5. (Aerobic endurance) Muscle Focus: Hamstring, Gastrocnemius, Quadricep, Abdominals

Station 5 again is very simple and is star jumps. To do a star jump, stand tall with your arms by your side and knees slightly bent. Jump up, extending your arms and legs out into a star shape in the air. Land softly, with your knees together and hands by your side. Keep your abs tight and back straight during the exercise.



To make this harder squat during the exercise. Squat, star jump, squat star jump.

## Station 6.

Station 6 is wall climbers. To do a mountain climber, get into push-up position. Then step one foot forward as if you're walking up a staircase. Repeat with the alternate foot. Do this move as fast as you can for one minute. Repeat two more times with a 30-second break between each set.



To make this easier walk instead of run.

To make this harder increase how long you do this.

## Station 7.

Station 7 is a plank. Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. If flat palms bother your wrists, clasp your hands together.



## How to work out your resting and maximum heart rate

What is my heart rate?

Your heart rate is the number of times your heart beats per minute (bpm). A normal heart rate is between 60 and 100 bpm while you're resting.

Resting heart rate

Your resting heart rate is measured by counting the number of beats per minute of your heart while you're resting. A normal resting heart rate range is between 60 and 100 bpm.

You can accurately measure your resting heart rate by checking your pulse after you have been resting for at least five minutes.

How do I work this out?

There are many ways in which you can do this. The easiest and most common way is to count the amount of beats you can feel within a 60 second period. In order to do this, you need to locate your pulse. This can be found in 2 areas of the body, the wrist or under the neck.



As technology has advanced in the last few years smart watches such as apple watches and fit bits can tell you your heart rate and can keep track of you resting heart rate.



### **Maximum heart rate**

Your maximum heart rate is the amount of beats your heart can produce before

In order to work out your maximum heart rate you need to work out the following calculation;

$$220 - (\text{Your age}) = \text{Maximum heart rate}$$

Example:  $220 - 12 = 208$  meaning a 12-year olds maximum heart rate should be 208

Workout yours below;

- $220 - \underline{\quad} =$

Recommended pass time sport activities to use around the house and on the back garden.

In order to ensure your sporting skills are kept up to date below are some examples of exercises you can do in order to pass the time and become a better sportsman.

- Throwing and catching – this is a great way to develop your co-ordination. After Easter we will be moving onto cricket and rounders which will involve a lot of throwing and catching. Whether it's a cricket ball, football, apple this can be worked on your own or with friends/family.
- Balancing – Balance is needed throughout our every day lives. After Easter we will also move onto athletics and this is essential to events like long jump, shot putt and triple jump.
- Hitting a balloon (develop hand eye co-ordination) – As a society I believe this could be improved upon by everyone particularly when playing sports such as tennis (we will move onto tennis.) Using a balloon is a great way to develop hand eye coordination and work on muscle memory as well as strengthening wrists and hands.

## Recommended sports to watch on you tube

Sport has been a massive part of peoples lives for thousands of years. Below will be a list f just a few memorable sporting moments to watch on you tube in order to inspire the next generation of athletes. Several sports will be chosen and at least one moment will be selected.

- Athletics - Usain Bolt 100m race Beijing Olympics 2008, Jessica Ennis Heptathlon 2012
- Basketball – Michael Jordan dunk contest 1988 or 1997 NBA finals flu game
- Boxing – Deyontay Wilder vs Tyson Fury 2 2020, Muhammed Al highlights, Anthony Joshua vs Wladimir Klitschko
- Cricket – Freddie Flintoff wicket celebration 2009
- Football – England World Cup final 1966, Watford vs Leicester 2013 Playoffs, Manchester City Vs QPR 2012, Liverpool vs Barcelona second leg 2019, Women’s World cup 2019
- Gymnastics - Katelyn Ohashi floor routine 2019
- Hockey – England women’s Gold medal 2016
- Rugby – New Zealand All Blacks All or nothing (Amazon prime)

### Films:

- Rocky
- The mighty Ducks
- Victory
- More than a game
- Kicking and screaming
- SPACE JAM
- Creed
- Concussion