

*Room 18 P.E

25th May-29th May

Monday



Top Tip:

Get your knees as high as possible to get the most out of the exercise. This is a cardiovascular exercise so you should be losing your breath if you're trying hard.

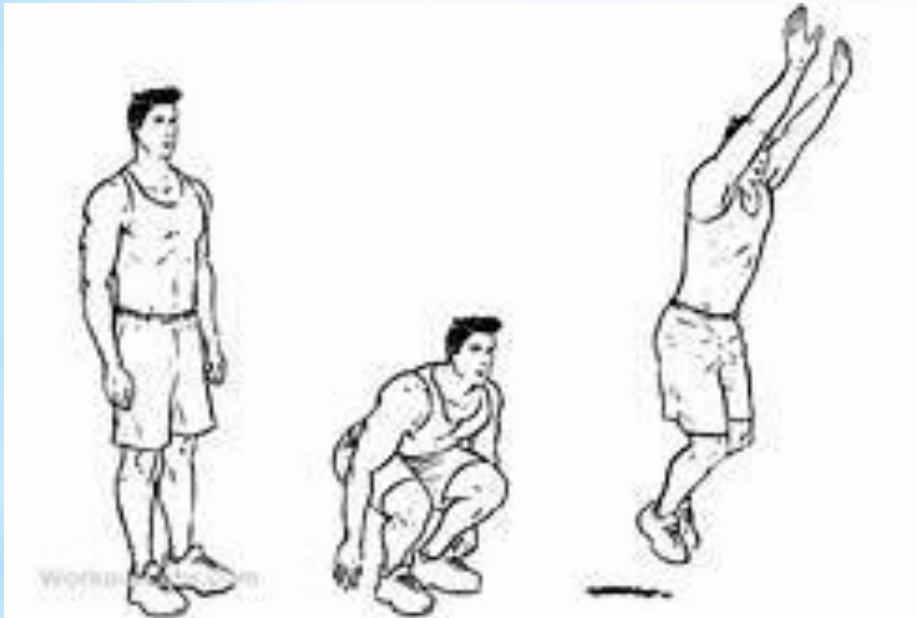
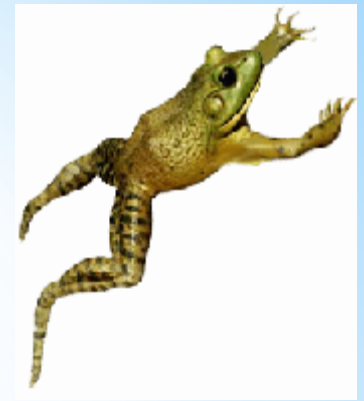
Skipping

Do 10 laps of your garden (or any room in your home with lots of space).

30 secs recovery



Frog jump x 20.



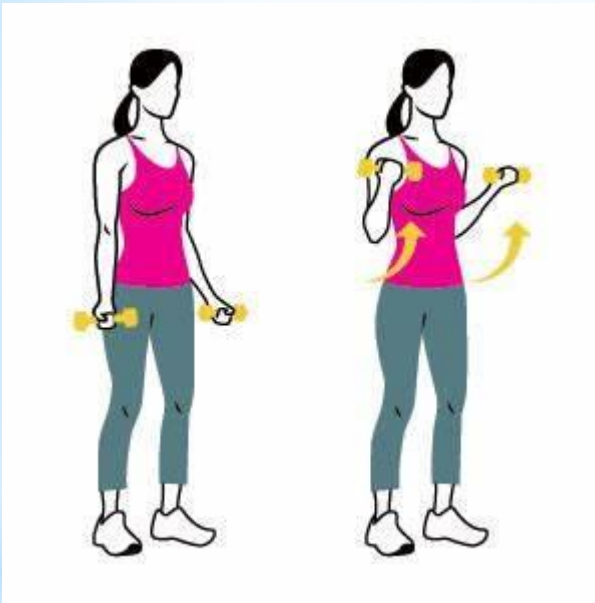
- 1). Squat down with your knees shoulder width apart.
- 2). Put the palms of your hands on the floor between you feet.
- 3). Jump up and stretch your body out as long as you can make it with the tips of you fingers pointing at the ceiling and your toes pointing to the ground.
- 4). When you land return to the position you were in during step 1.

30 secs recovery



MUSCLE BUILDER

Bicep curls X 15



TIP: It should only be your arms lifting the weight. To ensure your back doesn't get involved stand with your back straight against a wall.

Find 2 objects around your home of a suitable weight. Make sure these are easy to keep a hold of in your hands (bottles of water are perfect for this). Start with the two objects in your hands down by your waist with your fingers pointing out. Bend your elbows bringing your hands up to your shoulders

Tuesday

Running on the spot (1 min)(Full Pace)



It may be hard to do on the spot but bear in mind, when running you should always use toe, heel, toe. By that I mean when your foot hits the ground you should land on your toe, fall back on your heel and then push off again with your toes.

This helps you:

1. Avoid injury.
2. Run for longer and quicker.
3. Cut down impact on your feet.

30 secs recovery



Shuffle Jump X 15

- Mark a spot on the floor and get into your squat position.
- Jump forward from here landing on your two feet.
- Once you land shuffle (quick feet) backwards to the spot you started in.



What is a shuffle:

Shuffling is moving you feet very quickly while taking very small steps. It gives you better balance and improves co-ordination.

30 secs recovery



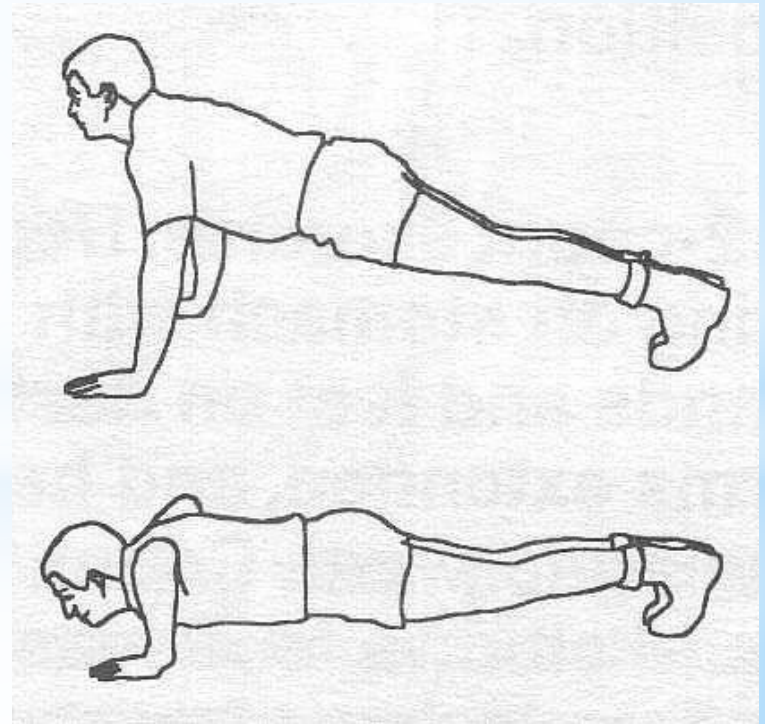
MUSCLE BUILDER

Push up X 10 (Knees or toes)

Everyone knows how they should do a push up but not everyone does it right.

Just because your head hits the floor doesn't mean you have done it correctly...your chest is actually the part of your body that needs to hit the floor.

To ensure you do this put a tennis ball (or an apple) under your chest and don't push yourself back up until you hit it.



Wednesday



JUMPING JACKS

1 minute...no stopping.

30 secs recovery

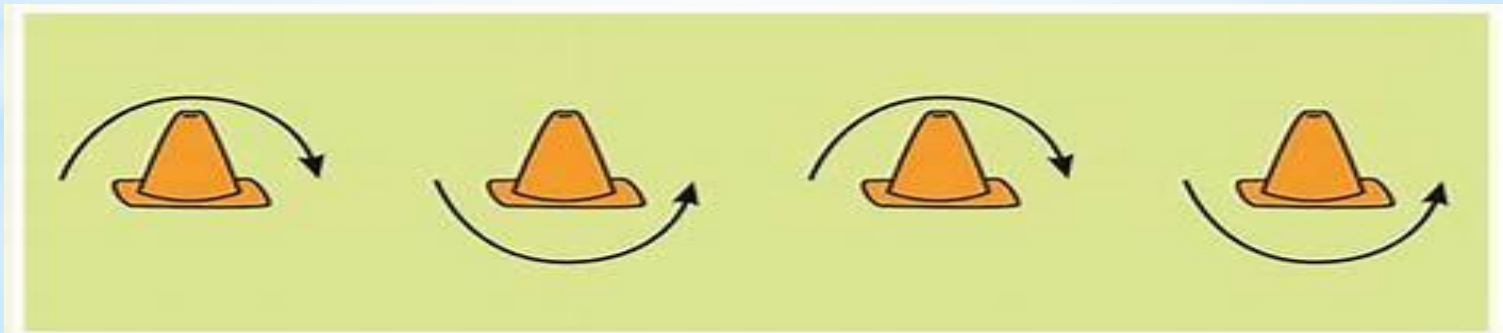


Weaving



Again we're using the shuffle that we used yesterday...except this time we're going side to side.

- Set up 4/5 object about 1 metre apart.
- Get down into your squat position and using small sideways steps make your way through the objects.



30 secs recovery



MUSCLE BUILDER

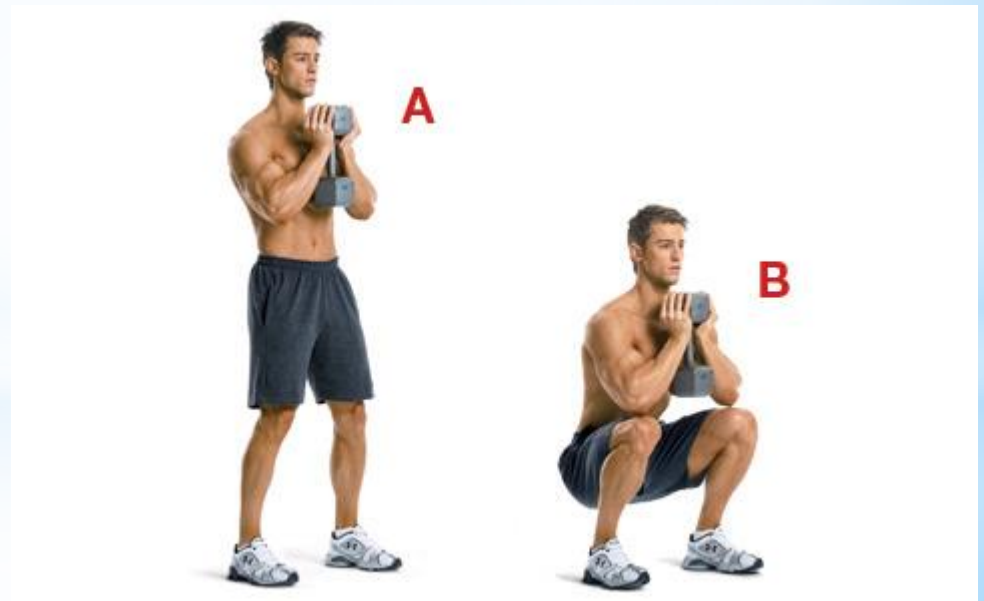
Squats X 20

The squat is a really common exercise, but is also commonly done wrong, which is dangerous because it can put pressure on your back.

To squat correctly you must:

- Stand with your feet shoulder width apart.
- Point your toes forward.
- Straighten your back.
- Bend your knees and move your bum towards the floor while keeping your back straight.

****Your knees should never pass your toes. By that I mean you should never lean forward and should always be able to see the tips of your toes over your knees.**



Thursday



Top Tip:

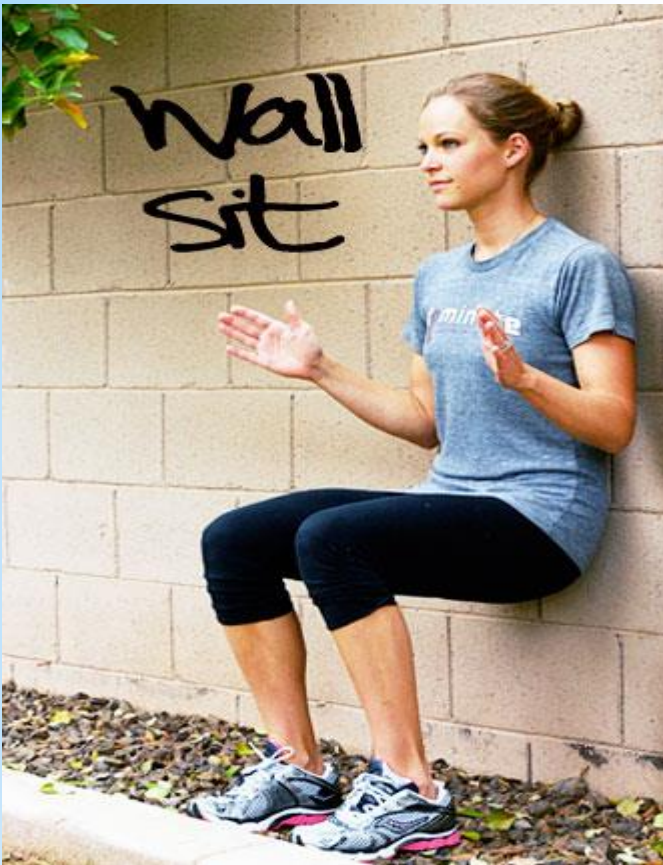
Get your knees as high as possible to get the most out of the exercise. This is a cardiovascular exercise so you should be losing your breath if you're trying hard.

Skipping

Do 10 laps of your garden (or any room in your home with lots of space).

30 secs recovery





- Stand up straight with your back against the wall.
- Slide your back down the wall as if you are sitting down.
- Walk your feet out from the wall until your heel is level with your knees and hold that position.

Wall sit...2 minutes
split into 4, 30 second
sets.

30 secs recovery



MUSCLE BUILDER

Shoulder press X 20

- Stand with your back flat against a wall.
- Get two objects (like ye're water bottles) and raise your hands up to ear level. This should leave your elbows and head in a “W” shape.
- Push (Using your shoulders) you hands towards the ceiling bringing the two object together over your head.



Friday



Pick your favourite 5 songs at the moment.

Lock yourself away in your room or get your isolation buddies together and dance your heat out, with a big smile on your face.

Dance