

Physical Education



Learning Intention: To complete a fitness work with maximum effort and demonstrate the correct technique of all exercises.

Success Criteria:

I can safely complete the fitness workout with maximum effort.

I can choose a suitable and challenging Level to work at to complete the fitness workout.

I can complete my Training Diary at the end of the workout

As part of your Physical Education at home, why don't you complete a workout for the day that you are usually timetabled for PE:

TASK:

- From the FITNESS WORKOUTS starting on page 4 of this booklet, you are going to choose **ONE fitness workout** to complete per day.
- You are going to choose the **level** you are working at, and the **number of sets** you are going to complete.
- Once you have completed the workout, you are going to fill out a training diary

An example of a completed training diary is provided below:

EXAMPLE TRAINING DIARY:

Name:

Class: 1AV

Weekday and Date: WEDNESDAY 25/03/20

Workout Name: AB ATTACK

What level are you working at and how many sets are you completing?

Level: 2

Number of Sets: 4 SETS (I REPEAT EVERY EXERCISE 4 TIMES)

How long did it take you to complete the workout, including your rest time?

Total Time: 12 minutes 08 seconds

What is your Heart Rate after completing the workout?

Max Heart Rate: 180 bmp

Calculate your Heart Rate:

Find your pulse at the side of your neck or wrist.

Time for 6 seconds and count every beat of your pulse.

After 6 seconds, multiply your result by 10.

= Heart Rate for beats per minute

Training Diary - Week 1

Name:

Class:

Weekday and Date:

Workout Name:

What level are you working at and how many sets are you completing?

Level:

Number of Sets:

How long did it take you to complete the workout, including your rest time?

Total Time: minutes seconds

What is your Heart Rate after completing the workout?

Name:

Class:

Weekday and Date:

Workout Name:

What level are you working at and how many sets are you completing?

Level:

Number of Sets:

How long did it take you to complete the workout, including your rest time?

Total Time: minutes seconds

What is your Heart Rate after completing the workout?

Name:

Class:

Weekday and Date:

Workout Name:

What level are you working at and how many sets are you completing?

Level:

Number of Sets:

How long did it take you to complete the workout, including your rest time?

Total Time: minutes seconds

What is your Heart Rate after completing the workout?

FITNESS WORKOUTS

100G -

<https://www.darebee.com/workouts/100g-workout.html>

100 Push-Ups -

<https://www.darebee.com/workouts/100-pushups-workout.html>

Ab Attack -

<https://www.darebee.com/workouts/ab-attack-workout.html>

Ab Builder -

<https://www.darebee.com/workouts/ab-builder-workout.html>

Adonis -

<https://www.darebee.com/workouts/adonis-workout.html>

Aftershock -

<https://www.darebee.com/workouts/aftershock-workout.html>

Arm Day -

<https://www.darebee.com/workouts/arm-day-workout.html>

Cardio & Co-ordination

<https://www.darebee.com/workouts/cardio-and-coordination-workout.html>

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