

Yr11 Bridging the Gap – Physical Education

Functional Fitness

What is functional fitness you may ask? It is exercises which involve training the body for activities and movements performed in daily life. The sessions will look at using mostly body weight exercises, this form of strength and conditioning training is a simple and safe way to improve overall fitness and moving your body efficiently.

Looking ahead to the new academic year it is important that you are keeping active and maintaining/enhancing your levels of fitness throughout the summer holidays. Below is a schedule that you may wish to follow in order to help develop not only your levels of fitness, but also your physical and mental well-being.

Prior to each session it is important that you undertake a thorough warm up to help prevent the risk of injury. Please see ideas below.

It is important that you listen to your body and understand if you need to change the session or rest day that week. Try to spread out the strength and conditioning sessions to allow your body time to recover before the next session.

If you have any queries regarding the exercises of sessions please do not hesitate to contact me on barr.nd@woodhousegrove.co.uk. If you have access to firefly then all of the HIIT sessions will be available on there (<http://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge>)

I hope you have a great summer holiday.

Mr Barr

Weekly Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
1	HIIT 1	Yoga 1	Rest	HIIT 2	Run 1	Rest
2	HIIT 3	Yoga 2	Rest	HIIT 4	Run 2	Rest
3	HIIT 5	Yoga 3	Rest	HIIT 6	Run 3	Rest
4	HIIT 1	Yoga 1	Rest	HIIT 2	Run 1	Rest
5	HIIT 3	Yoga 2	Rest	HIIT 4	Run 2	Rest
6	HIIT 5	Yoga 3	Rest	HIIT 6	Run 3	Rest
7	HIIT 1	Yoga 1	Rest	HIIT 2	Run 1	Rest
8	HIIT 3	Yoga 2	Rest	HIIT 4	Run 2	Rest
9	HIIT 5	Yoga 3	Rest	HIIT 6	Run 3	Rest

Weights Warm Up		
Exercise	Rep Scheme	Notes
Toe Touch Over Head Squat	10	<p>Starting upright bend to touch your toes, keeping your legs as straight as possible</p> <p>Squat down as low as you can.</p> <p>When at the bottom of the squat hold the position for 3s.</p> <p>Release one hand from your toes raising it above your head followed by the other.</p> <p>With both arms in the air raise up from squat position.</p>
Alternative Spiderman Elbow Drop	5 Each Side	<p>Start in press up position.</p> <p>Bring you right foot up to your right hand so that your big toe is next to your little finger. Drop your right elbow to the floor followed by extending your arm up towards the ceiling.</p> <p>Change side.</p>
Inchworm Shoulder taps	10	<p>Starting upright bend to touch your toes, keeping your legs as straight as possible.</p> <p>From your toes walk your hands out in front of you until you are in a press up position.</p> <p>Lift the right hand off the ground to tap the left shoulder.</p> <p>Do not let your hips rock as you bring your hand off the ground.</p> <p>Repeat shoulder tap on the alternative side. Walk your hands back to your feet, stand up and stretch your arms above your head.</p>
Press up, Downward Dog, Calf Pumps	5	<p>Complete a press up.</p> <p>Sink your heels into the ground and elevate you bum towards the ceiling.</p> <p>Push head towards feet between your arms.</p> <p>Bend one knee pushing the opposing leg into the ground.</p> <p>Alternate legs.</p>
Glute Bridge	10 Each Side	<p>Start with your back on the floor. Bend your knees bringing your heels as close to your bum as possible.</p> <p>Push your hips towards the ceiling, squeezing your glutes at the top.</p>
SL Glute Bridge	10 Each Side	<p>Start with your back on the floor. Bend your knees bringing your heels as close to your bum as possible.</p> <p>Lift one leg off the ground and hold in a straight position.</p> <p>Push your hips towards the ceiling, squeezing your glutes at the top.</p> <p>Change legs and repeat.</p>
Dead Bugs	10 Each Side	<p>Begin on your back with your arms towards the ceiling and legs up with a 90degree bend at the knee.</p> <p>Extend your opposite arm and leg out.</p> <p>Return to the middle and repeat on the other side.</p>

High Intensity Interval Training (HIIT)

HIIT is a form of interval training, a cardiovascular exercise which alternates short periods of intense anaerobic exercise with less intense recovery periods. HIIT sessions will only use your bodyweight, no equipment will be required, and all sessions can be completed from your own home.

All workouts will be no longer than 30 minutes and will include periods of rest. If you find the sessions too difficult you can rest at any time during each exercise, I have also tried to include examples of easier alternatives that you can use. As the weeks pass you will more than likely find the sessions getting easier, you can reduce the rest period or complete the more difficult exercises which will be demonstrated in the videos.

Each HIIT session will also include a 10-minute core session which will be videoed separately.

Core

Strengthening your core helps to stabilise and align the spine, ribs and pelvis which helps to improve spinal and postural control while the body is moving. It also helps to improve the transfer of power to and from the extremities which aids control of movement. It is essential to strengthen your core as it helps reduce the risk of injury.

The core sessions will last 10-minutes and can be completed more than once if you find them too easy. If you find them difficult then add in a longer rest period during the session.

Yoga

Yoga focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

Physical benefits include an increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, weight reduction, improved athletic performance and protection from injury. Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress and improve a person mental well-being.

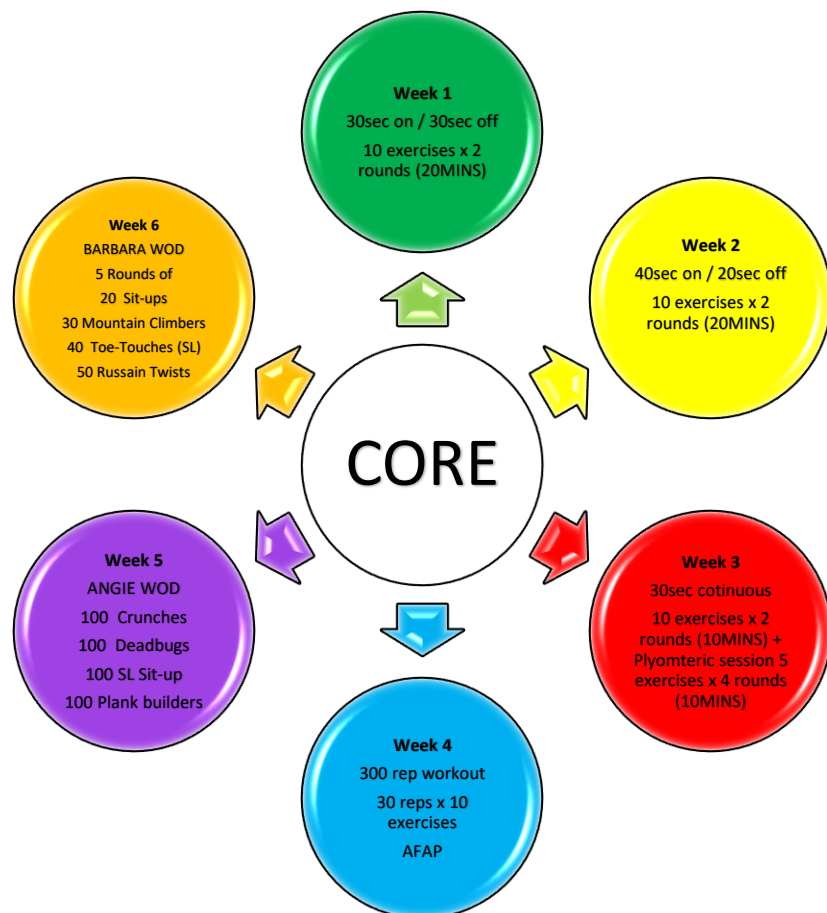
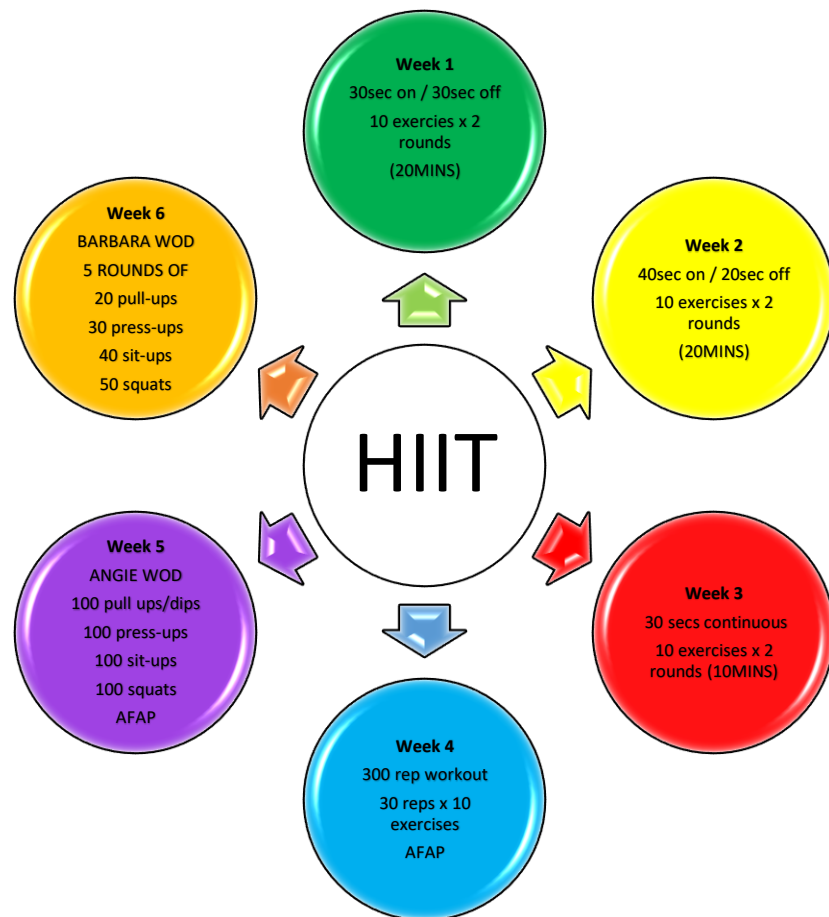
Sessions will last between 20-45 minutes and will focus on stretching and mobility with the aim to benefit from both the physical and mental benefits.

Run Sessions

Run 1 will focus on cardiovascular endurance over a minimum of 20 minutes. The benefits of cardiovascular endurance include increasing the muscle strength of the heart, improved cholesterol, reduction of stress, lower blood pressure, weight control and improved mood and self-esteem.

Run 2 will focus on speed & power through a plyometric speed session. The benefits of plyometric training increases muscle strength which allows you to run faster, jump higher and move direction more quickly.

Run 3 will focus on both anaerobic and aerobic endurance through a fartlek training session. The benefits of fartlek training are similar to those mentioned for cardiovascular endurance training. It is a mixture of both aerobic and anaerobic training which involves working over 20-30 minutes at different levels of intensity e.g. jog-sprint-walk-jog over 60 seconds.



HIIT & Core Sessions

	Time	Exercises	YouTube / Firefly Links
HIIT & Core 1	30 sec on / 30 sec off 10 exercises x 2 rounds	See Video Links	<ul style="list-style-type: none"> • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-2 •
HIIT & Core 2	40 sec on / 20 sec off 10 exercises x 2 rounds	See Video Links	<ul style="list-style-type: none"> • https://youtu.be/pO8uE3PKWZs • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-3
HIIT & Core 3	30 sec continuous 10 exercises x 2 rounds + Plyometric session x 4	See Video Links	<ul style="list-style-type: none"> • https://youtu.be/bw1ycalHdbA • https://youtu.be/-K6alwIqyVc • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-4
HIIT & Core 4	300 rep workout 10 exercises x 30 reps	See Video Links	<ul style="list-style-type: none"> • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-5
HIIT & Core 5	Angie WOD	See Diagram above	<ul style="list-style-type: none"> • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-6
HIIT & Core 6	Barbara WOD	See Diagram above	<ul style="list-style-type: none"> • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-7

Yoga Sessions

	Type	Time	YouTube / Firefly Links
Yoga 1	Introduction to Yoga	Beginner Level (50 minutes)	<ul style="list-style-type: none"> • https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/ • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-1
Yoga 2	Dynamic Yoga	Pilates session Intermediate Level (45 minutes)	<ul style="list-style-type: none"> • https://www.nhs.uk/conditions/nhs-fitness-studio/pyjama-pilates/ • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-2
Yoga 3	Deep Stretch Yoga	Intermediate level (45 minutes)	<ul style="list-style-type: none"> • https://youtu.be/GLy2rYHwUqY • https://woodhousegrove.fireflycloud.net/physical-education/weekly-fitness-challenge/week-3

Run Sessions

	Type	Time	Goal
Run 1	Endurance Run	Run for 20 minutes – Gold 5km / Silver 4km / Bronze 3km	Record your distance and aim to beat it
Run 2	Speed Pyramid	10 – 10m sprints 8 – 20m sprints 6 – 30m sprints 4 – 40m sprints 2 – 50m sprints	Complete 10x10m sprints before moving onto the next ones. Have 30 seconds between each sprint.
Run 3	Fartlek session	20 minutes – jog for 30 secs/sprint for 10 secs & walk for 20 secs REPEAT 20 TIMES	Cover as much distance as possible.

