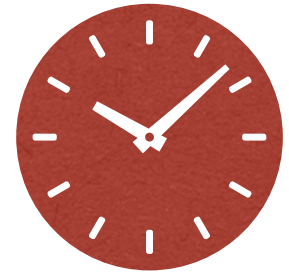
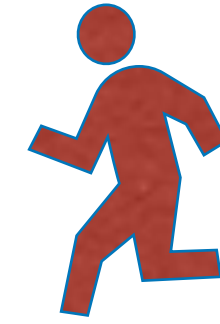




# Saint Ninian's HS HIIT



15 minute workout



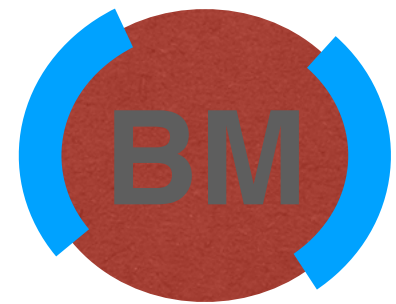
5 exercises and 3 rounds



<https://www.youtube.com/watch?v=Hr-p7TikhPI>



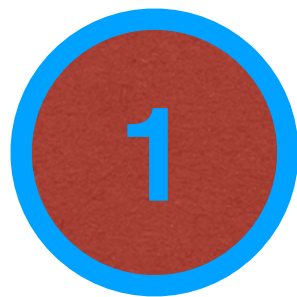
40 secs exercise, 20 secs rest



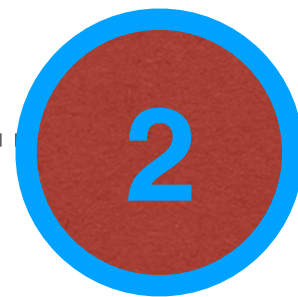
Stamina & Flexibility



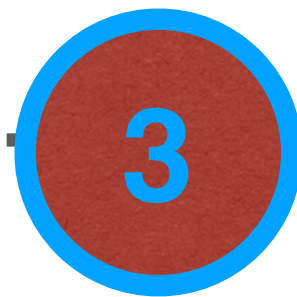
1 minute between rounds



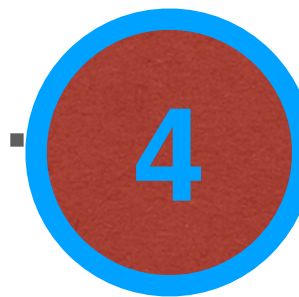
*RUN ON THE SPOT*



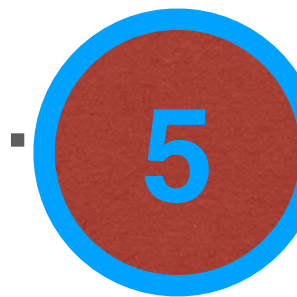
*SQUATS*



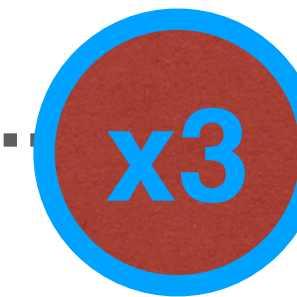
*PUSH UPS*



*SINGLE LEG CRUNCHES*



*BURPEES*



*REPEAT*

DISCLAIMER

Complete this lesson in a safe environment and free from any injury or illness.



# Saint Ninian's HS HIIT



15 minute workout



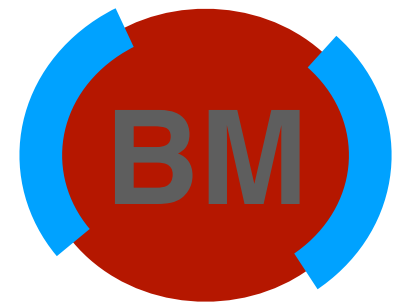
5 exercises and 3 rounds



<https://www.youtube.com/watch?v=Hr-p7TikhPI>



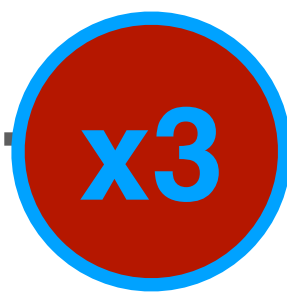
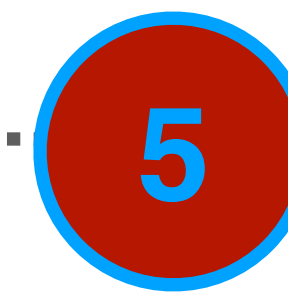
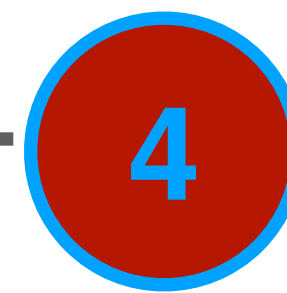
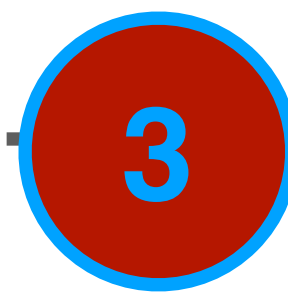
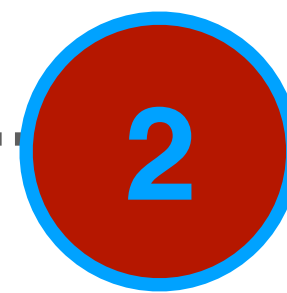
40 secs exercise, 20 secs rest



Determination & Resilience



1 minute between rounds



*PLANK TO FROG SIT*

*RUNNING PUNCHES*

*SQUAT 90 DEGREE JUMP*

*ELBOW PLANK*

*CLIMB THE ROPE*

*REPEAT*

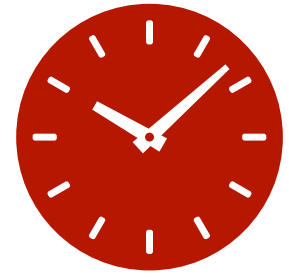
DISCLAIMER

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# Saint Ninian's HS HIIT



15 minute workout



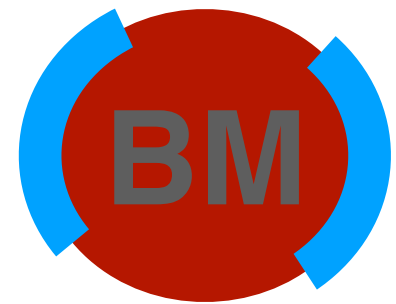
5 exercises and 3 rounds



<https://www.youtube.com/watch?v=Hr-p7TikhPI>



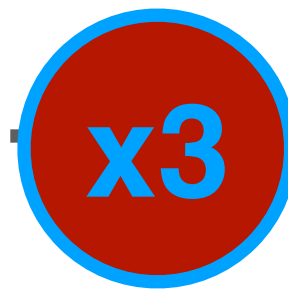
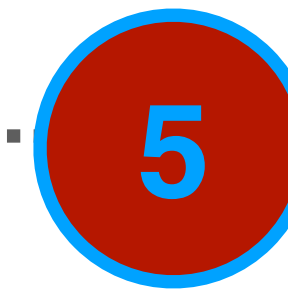
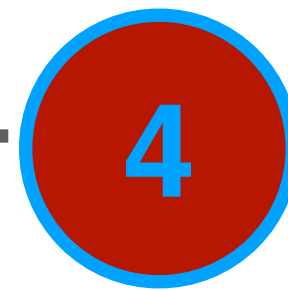
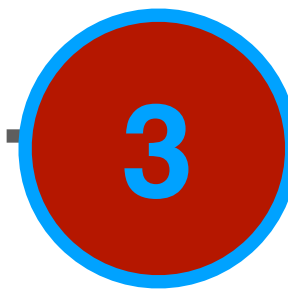
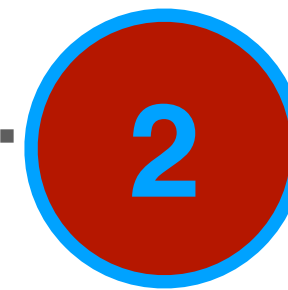
40 secs exercise, 20 secs rest



Motivation



1 minute between rounds



*FAST BURPEES*

*SQUATS*

*NARROW PUSH UPS*

*LATERIAL SQUAT*

*PLANK*

*REPEAT*

DISCLAIMER

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# Saint Ninian's HS HIIT



15 minute workout



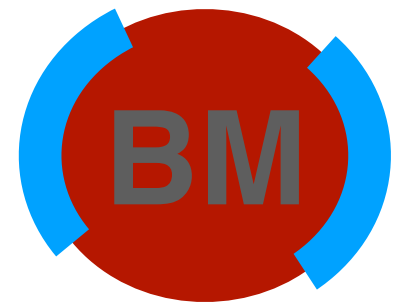
5 exercises and 3 rounds



<https://www.youtube.com/watch?v=Hr-p7TikhPI>



40 secs exercise, 20 secs rest



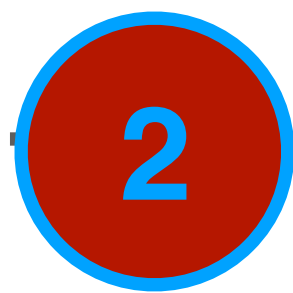
Balance & Control



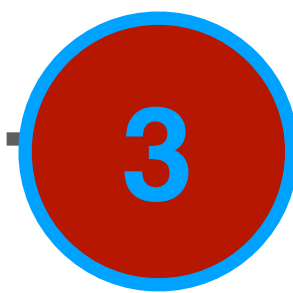
1 minute between rounds



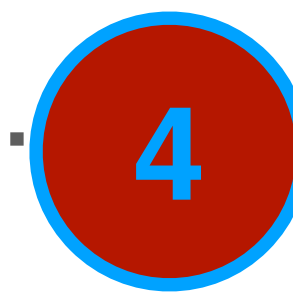
*RUN ON  
THE SPOT*



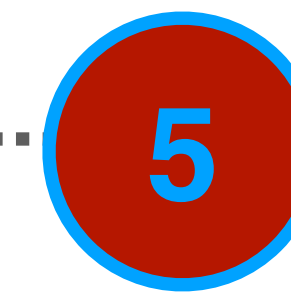
*SQUATS*



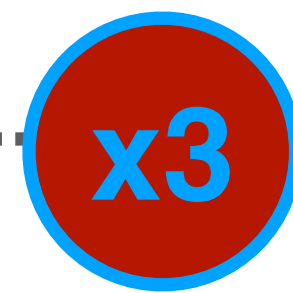
*PUSH UPS*



*SINGLE LEG  
CRUNCHES*



*BURPEES*



*REPEAT*

## DISCLAIMER

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# Mr Capuano's Burpee Challenge

- LEVEL 1: **2** SETS
- LEVEL 2: **3** SETS
- LEVEL 3: **4** SETS

5 burpees : 10 secs rest

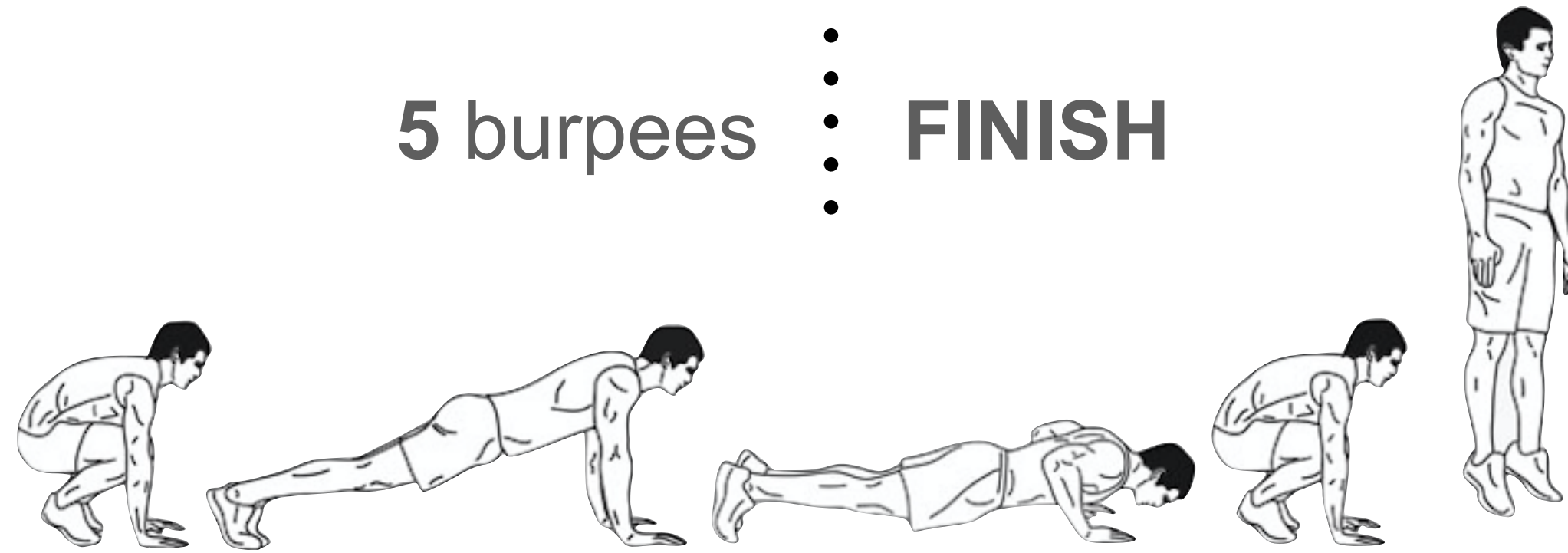
5 burpees : 10 secs rest

10 burpees : 20 secs rest

10 burpees : 20 secs rest

5 burpees : 10 secs rest

5 burpees : **FINISH**



## DISCLAIMER

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## COGNITIVE SKILLS

### Decision Making

Takes responsibility for decisions under pressure that leads to improved performance.

### Prioritising

Recognises and acts upon the importance of 'what next?' as a key element within a sequence of actions, for example, receives a pass, feints, then passes to unmarked teammate.

### Problem Solving

Selects, adapts and applies the most appropriate strategy when solving familiar and unfamiliar movement challenges.

### Cue Recognition

Prioritises the order in which cues are responded to.

### Focus & Concentration

Switches concentration from one task to another fluently by filtering out distractions.

### Creativity

Creates movement sequences with precision, independently and with others.

Demonstrates flair, originality, imagination with increasing refinement.

### Sequential Thinking

Plans, performs and reviews a series of actions to address movement challenges, for example, triple jump.

### Multi-processing

Interprets information quickly in pressured situations.

## PERSONAL QUALITIES

### Responsibility & Leadership

Shows an increasing commitment to learning.

Plans and manages learning that satisfies personal needs and interests.

Initiates appropriate strategies to address self control for successful and enjoyable performance.

Identifies the strengths of individuals/group to assign appropriate roles and tactics to maximise success.

Leads with confidence and respect, taking account of the views of others. Encourages others to lead where appropriate.

### Respect & Tolerance

Contributes to an inclusive ethos, showing mutual respect in practice and performance environments.

Uses negotiation skills when working with others in a variety of movement challenges.

Modifies rules, equipment and scoring systems to enhance individual and group enjoyment of physical activity through fair play and etiquette.

### Confidence & Self-esteem

Demonstrates self-reliance and self-worth through engaging in challenging tasks.

Demonstrates the value of positive relationships while working and learning with others.

Constructs/co-constructs criteria to evaluate personal and group performance.

Self-assesses and acts as a peer assessor to provide constructive feedback to modify/enhance performance.

Takes the initiative to celebrate, value and build on achievements as part of the learning journey.

### Communication

Takes account of the views of others and responds appropriately, for example, asking and answering questions, clarifying or summarising points, building on ideas, challenging opinions and encouraging others to explore/expand upon ideas.

Demonstrates understanding of a range of verbal and non-verbal communication skills and applies them appropriately and confidently in practice and performance environments, for example, umpire/referee.

### Determination & Resilience

Initiates and adopts coping strategies in response to the outcomes of competition, for example, self-talk.

Demonstrates understanding of the positive link between effort, perseverance, and personal achievement.

Recognises the variety of emotions that are associated with performing and the impact they have on behaviour and performance. Develops the ability to manage emotions to enhance performance.

### Motivation

Is self-motivated and demonstrates self-direction and positive effort in practice and performance environments.

Uses a range of critical and creative thinking skills to assist in planning and setting goals to improve performance, for example, negotiation and review.

Maximises the factors that motivate and minimises the factors that impede participation in daily physical activity.

Shows an understanding that we play a role in encouraging others.

## PHYSICAL COMPETENCIES

### Kinaesthetic Awareness

Demonstrates an awareness of self, others and safe working consistently in the practice and performance environments.

Performs, adapts and refines a variety of movements with a focus on quality, using different speeds/pathways/levels.

Is internally aware when co-ordinating hand-eye/hand-foot movements to control different pieces of equipment e.g. drop shot in badminton.

### Coordination & Fluency

Performs a fluent sequence of movements with confidence.

Demonstrates efficient movement that leads to successful outcomes.

Evaluates the key elements of movement that leads to a quality performance.

### Rhythm & Timing

Creates sequences of movement using a variety of stimuli with a focus on quality, leading to successful performance.

Creates and establishes a rhythm to make the opportunity for timing available, for example, fluent passing round the key then player cuts to basket.

Performs actions that involve a smooth transition from one phase to another, for example, dance sequence; jump, clap, slide and pause.

### Gross & Fine Motor Skills

Performs specialised movement skills/techniques with precision.

Transfers skills learned in one performance environment to a different performance environment e.g. overarm throw /overhead shot in badminton.

Uses eye/hand and eye/foot coordination as part of skilful performance.

### Balance & Control

Differentiates between movements of different parts of the body with control, for example, front crawl.

Performs smooth transfers of weight with and without equipment involving static and dynamic balance.

Manipulates objects with precision whilst maintaining balance, resulting in high quality performance, for example, set shot in basketball.

## PHYSICAL FITNESS

### Stamina

Takes responsibility for sustaining moderate to vigorous physical activity that provides challenge.

Measures heart rate, pays attention to breathing rate and ability to talk in order to monitor body's reaction to physical activity.

Explains why some cultural and social factors influence participation in physical activity.

Creates, implements and monitors personal goals for sustaining moderate to vigorous physical activity.

Demonstrates stamina in physical activity to support successful performance.

### Flexibility

Performs a range of effective, dynamic movements specific to physical activities.

Explains the benefits associated with flexibility to everyday life.

Creates, implements and monitors personal goals to improve flexibility.

Demonstrates flexibility in physical activities to support successful performance.

### Speed

Moves at different speeds and changes direction quickly with precision.

Accelerates quickly from a stationary position in response to movement challenges e.g. Moves quickly to close down opponent.

Demonstrates the use of speed (with body parts and/or equipment) with precision and control, for example, arm pull phase in front crawl.

Creates, implements and monitors personal goals to improve speed.

Demonstrates speed in physical activities for successful performance.

### Core Stability & Strength

Demonstrates precision through the use of balance, postural control and the links to core stability.

Applies the use of force (with body parts and/or equipment) with precision and control, for example, spiking in volleyball.

Justifies the selection of personal goals to improve core stability and strength.

Applies core stability and strength consistently for successful performance.