

## Fitness Pack P4 – P7



All activities are suitable for a class or for remote learners.

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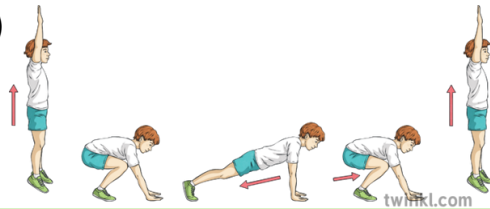
### Fab Fitness - Circuit 1

#### Task

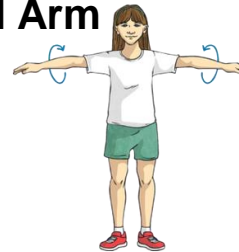
Clear a safe place in your house or garden.

- Perform each exercise for **30** secs.
- Rest for **30** secs between each exercise.
- Repeat the circuit.

#### 1 – Burpees (down, out, in, up)



#### 2 – Small Arm Circles



#### 3 – Heel flicks



#### 4 – Lunges (Lunge forward then step back, switch leg)



#### 5 – Plank Hold



#### Challenge

- Can you perform each exercise for **35**, **40** or **45** secs?
- Rest for only **25**, **20** or **15** secs between each exercise.
- Can you do **3**, **4** or **5** circuits?

### Fab Fitness - Circuit 2

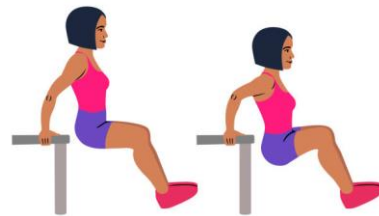
Clear a safe place in your house or garden.

- Perform each exercise for **30** secs.
- Rest for **30** secs between each exercise.
- Repeat the circuit.

**1 – High knees** (lift your knees quickly in front of you)

**2 – Sit ups** (lie on floor, bent knees, feet flat, use stomach muscles to pull up)

**3 – Tricep dips** (see image, use arms to lower down and back up)



BENCH TRICEP DIPS

**4 – Mountain climbers** (hands on floor, bring one knee at a time up to chest)



### Challenge

- Can you perform each exercise for **35, 40** or **45** secs?
- Rest for only **25, 20** or **15** secs between each exercise.
- Can you do **3, 4** or **5** circuits?

**5 – Wall sit** (pretend to sit on a chair, back flat against the wall)



### Fitness - Circuit 3

#### Task

Clear a safe place in your house or garden.

- Perform each exercise for **30** secs.
- Rest for **30** secs between each exercise.
- Repeat the circuit.

#### Challenge

- Perform each exercise for **45** secs?
- Rest for **15** seconds between each exercise.
- Can you do **3, 4** or **5** circuits?

#### 1. Squats

- Feet hip width.
- Lower bottom down to knee height.
- Back to standing.



#### 2. Sit ups with twist

- Lie with legs bent at knees.
- Lift upper body and twist.
- Opposite elbow to knee.
- Lower upper body.
- Repeat to the other side.



#### 3. Press ups from knees

- Hands and knees on floor.
- Lower upper body to floor then push up.



#### 4. Jump twists

- Twist from the waist with a small jump.



#### 5. Plank with marching

- Rest weight on forearms and toes.
- March tapping R then L foot.



## Fab Fitness – Lamp Post Run

### Task

- Go outside with a member of your household.
- Walk from one lamp post to the next then jog to the next lamp post.
- Keep this pattern of walking and jogging between lamp posts for **10** minutes.
- Be careful when crossing roads.

### Challenge

- If you have a good level of fitness you may want to jog and sprint between lamp posts.
- Increase the time you are active for to **20** or **30** minutes.
- Good luck.



### SKIPPING

#### Task

Hold one end of the rope in each hand. Circle the rope over your head then down to your feet. When the rope comes close to your feet jump over it with two feet.

How many skips can you do?

Can you skip for 30 secs?

Can you skip while changing feet from one to the other?

Can you circle the rope backwards while skipping?

#### Equipment

You will need skipping ropes or a length of rope.

You will need a space indoors or outside with plenty of room around you for the rope not to hit anything.

#### Challenge

Can you beat your score?

Skip for 35, 40 or 45 secs.

Hop on one foot while skipping.

Move around the room, garden, street or park while you are skipping.



### Stair Climbing

#### Task

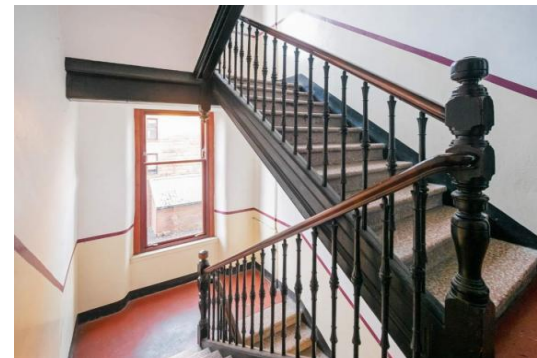
Explore your local area and find some stairs (or use indoor ones).

Start by walking up the stairs one at a time, walk back down and repeat.

If that was too easy, try jogging up them, walk down and repeat.

For an added challenge, run up them, walk back down and repeat.

The number of repeats will depend on your fitness level and the length of the staircase you are climbing.



## Jump the River

### Set up

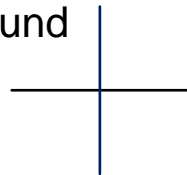
- Do this activity indoors or outdoors.
- Find 2 straight lines on the ground or make them (use 2 sticks or a stick and a line, be creative)

### Task

- Jump over both lines (the river)
- How many jumps can you do in 1 minute.
- Write down your personal best score.
- See if you can beat it each day!

### Challenge

- Add an extra line to make a plus sign.
- How many times can you jump around the corners in 1 minute?



Get active!  
Have fun!

### Partner fun!

- Play with a sibling
- See which of you can get the most 'jumps' in 30 secs or 1 minute.



### Fun Fitness – Aerobic Workout

- Find a space in your house where you can move forward and to the side.
- Put on some music while you work out.
- Complete each skill 2 or 3 times.

**1 – March on the spot x8** – Swing your arms and lift your knees high.

**2 – Walk forward x4 then back x4** - on the 4th count add a clap

**3 – Elbow to knee x 8** - touch opposite elbow to knee x8 each.

**4 – Heel kick with pull down x 8** – both arms above your head, as you bring heel to bottom pull opposite arm down to shoulder then switch.

**5 – Lunge to left and back x8** – stretch arms wide for balance, left knee bends, push back.

**6 – Box step with 2 handed punch** – step forward and wide with right foot then left, step back with right foot then left. Punch forward opposite hand to foot on each movement.

**7 – Box step with punch** - Same as the last move but start on your left foot first.

**9 – Heel kick with bicep curl x8** – heel to bottom, opposite arm curls and switch side.

**8 – Lunge to right and back x8** – stretch arms wide for balance, right knee bends, push back.



### Fitness – Hill Runs

#### Task

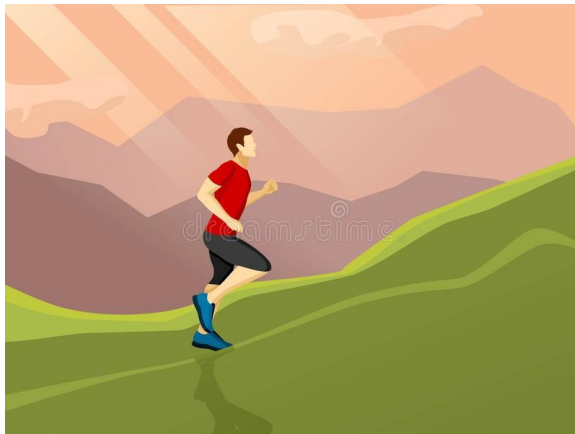
- Go outside.
- Find a hill that you think you could run up.
- Run up the hill at a pace that's comfortable for you.
- Walk back down.
- Try to get to the same point each run.

Repeat this 5 times

#### Challenge

- If you have a good level of fitness, jog back down the hill.
- Add more runs on, can you get to 10?
- Challenge a sibling or do it together.

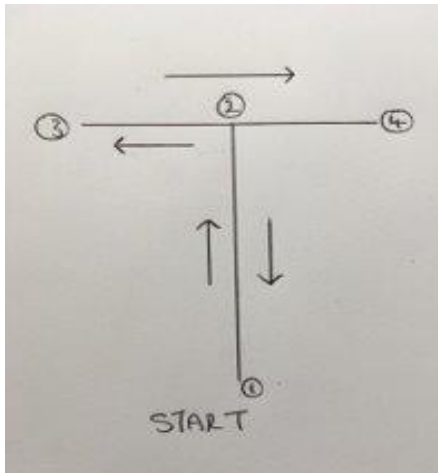
Have fun!  
Stay active!



### Time Trial Challenge

#### Equipment

Set out a **T** shape in your garden or playground using 4 markers with each marker being 4 meters apart. If you do not have markers you could use water bottles or something similar.



#### Task

- Run forward from marker 1 to marker 2.
- Side step, left foot leading to marker 3.
- Side step, right foot leading to marker 4.
- Side step, left foot leading to marker 2.
- Run backwards to marker 1.

#### Challenge

- How many times can you repeat this challenge in 30 secs?
- Can you beat your score?
- Can you beat a classmate?



### Active Snakes and Ladders

#### Task

- Find a suitable space in your house or garden.
- Set out a snakes and ladders board. You can create your own or use a board game you already have at home.
- Play the game as normal, each player rolling the dice and taking their turn. Add in the following exercises to the game:

1. If your counter goes down a snake do 10 star jumps.
2. If your counter climbs a ladder the other players do 10 sit ups.
3. If you roll a 5 on the dice hold plank for 5 secs .
4. When you roll an odd number do 10 tuck jumps.
5. When you roll an even number do 10 speed bounces.



### Fun Fitness – The Name Game

#### Task

- Spell your first, middle and surname using the list of exercises below.
- Spell everyone else's name who is taking part.

<b>A</b> jump up & down 10 times	<b>N</b> pick up a ball without using your hands
<b>B</b> spin around in a circle 5 times	<b>O</b> walk backwards 50 steps and skip back
<b>C</b> hop on one foot 5 times	<b>P</b> walk sideways 20 steps and hop back
<b>D</b> run to the nearest door and run back	<b>Q</b> crouch like a crab for a count of 10
<b>E</b> walk like a bear for a count of 5	<b>R</b> walk like a bear for a count of 5
<b>F</b> do 3 cartwheels	<b>S</b> bend down and touch your toes 20 times
<b>G</b> do 10 jumping jacks	<b>T</b> pretend to pedal a bike with your hands for a count of 17
<b>H</b> hop like a frog 8 times	<b>U</b> roll a ball using only your head
<b>I</b> balance on your left foot for a count of 10	<b>V</b> flap your arms like a bird 25 times
<b>J</b> balance on your right foot for a count of 10	<b>W</b> pretend to ride a horse for a count of 15
<b>K</b> march like a toy soldier for a count of 12	<b>X</b> try and touch the clouds for a count of 15
<b>L</b> pretend to jump rope for a count of 20	<b>Y</b> walk on your knees for a count of 10
<b>M</b> march in a line for a count of 5	<b>Z</b> do 10 push-ups

#### Equipment

You can do this task by yourself or with household members, classmates or friends.

Find a space in your house, garden or playground.

#### Challenge

Pupils could answer a quiz or homework question by spelling out the answer using the list of exercises below.



### Fun Fitness Grid

#### Task

- Each player has a grid sheet numbered 1-100 and two die.
- Each player rolls their own die and performs the exercise listed below.
- After doing your exercises move up the grid the amount of reps you have done, eg if you do 7 star jumps you move 7 spaces on the grid.
- The first person to get to 100 is the winner.

#### Die Totals

7 = 7 sit ups

8 = 8 star jumps

9 = 9 burpees

10 = 10 mountain climbers

11 = 11 squats

12 = 12 lunges

Choose your own exercises with a friend and compete against them. If you don't have die write numbers on spare paper and pick them out of a hat.

91	92	93	94	95	96	97	98	99	100
81	82	83	84	85	86	87	88	89	90
71	72	73	74	75	76	77	78	79	80
61	62	63	64	65	66	67	68	69	70
51	52	53	54	55	56	57	58	59	60
41	42	43	44	45	46	47	48	49	50
31	32	33	34	35	36	37	38	39	40
21	22	23	24	25	26	27	28	29	30
11	12	13	14	15	16	17	18	19	20
1	2	3	4	5	6	7	8	9	10

