

Dear all.

Hopefully this guide will help you improve/maintain your physical health and fitness.

### **Recommendations - NHS**

Something is better than nothing but;

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

### **General Notes on Training**

Always start each session with a warm up, including a pulse raiser (progressive and gradual) and some dynamic stretches (think back to our lessons where we bum flick, high knee, lunge, scoop chickens, kick your leg over the alternate shoulder...) and finish with some static stretches, holding each one for at least 10 seconds

As I have said in our PE sessions health and fitness needs to be individualised to be most efficient, useful and safe so listen to your body to adapt the following suggestions and if you have any concerns please feel free to email me (but be patient on a reply).

Think about what is uncomfortable (and therefore potentially good) as opposed to hurting (bad).

Think about how your body moves naturally (so knee joint moves forwards and backwards but not much else)

Think about good posture (and neutral spine position)

Think about body balance (left and right, front and back)

Think about variety (look at the recommendations, so do some slow and steady stuff, some fast, some lifting your body weight, some moving muscles through full range of movement...)

(In present situation) Think about social distancing. Is it a good idea to go to your local field and also remember about touching things. I was on a country walk the other day and needed to go through field gates and over styles.

### **What is Health Related Fitness?**

In our lessons we have covered what it means to be physically healthy (remember the 5 S's!)

Stamina

Speed

Strength (Muscular Strength and Muscular Endurance)

Suppleness (Flexibility)

These are therefore my focus, however you may wish to consider agility, power, reaction time, co-ordination and balance (skill related parameters of fitness)

**How to Improve Stamina**

If you struggle to do the 12 minute run (that we complete twice a year and also known as the Cooper Test) you should try the following programme that I have adapted a little;

Couch to 3K

Week 1

For your 3 runs in week 1, you will begin with a brisk 5-minute walk, then alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 15 minutes.

Week 2

For your 3 runs in week 2, you will begin with a brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 15 minutes.

Week 3

For your 3 runs in week 3, you will begin with a brisk 5-minute walk, then 1 repetition of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking.

Week 4

For your 3 runs in week 4, you will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 4 minutes of running, 2-and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking.

Week 5

There are 3 different runs this week:

**Run 1:** a brisk 5-minute walk, then 4 minutes of running, 2 minutes of walking, 4 minutes of running, 2 minutes of walking and 5 minutes of running.

**Run 2:** a brisk 5-minute walk, then 2 repetitions of 7 minutes of running, 1 minute of walking.

**Run 3:** a brisk 5-minute walk, then 12 minutes of running, with no walking.

Week 6

There are 3 different runs this week:

**Run 1:** a brisk 5-minute walk, then 4 minutes of running, 2 minutes of walking, 7 minutes of running, 2 minutes of walking and 4 minutes of running.

**Run 2:** a brisk 5-minute walk, then 8 minutes of running, 3 minutes of walking and 8 minutes of running.

**Run 3:** a brisk 5-minute walk, then 15 minutes of running with no walking.

Week 7

For your 3 runs in week 7, you will begin with a brisk 5-minute walk, then 20 minutes of running.

Week 8

For your 3 runs in week 8, you will begin with a brisk 5-minute walk, then 22 minutes of running.

Week 9

For your 3 runs in week 9, you will begin with a brisk 5-minute walk, then 22 minutes of running.

For the fitter among us a couple of runs a week (similar to that in week 9, trying to improve your time. In terms of recording how far you go I have tried a couple of apps – Runkeeper and Strava but assume there are better (not an expert by any stretch of then imagination)

In terms of assessment/having a target I base my grades loosely on the following;

Cooper Test	Cardiovascular Fitness	B/9+	C/8	D/7	E/6	
Years 1/2/3		2150m	1750m	1400m	1100m	Less Than 1100
Years 4/5		2250m	1850m	1500m	1200m	Less Than 1200
Years 6/7		2325m	1925m	1575m	1275m	Less Than 1275

## How to Improve Speed

Remember Interval Training and Fartlek Training???

For speed keep the intervals (of as fast as you can go) short and recovery times relatively long so if you are sprinting for 10 seconds you will want a recovery time of at least 30 seconds (ratio of 1:3)

Classic Interval session examples

Example 1 (Pyramid)	Example 2 (Farlek)	Example 3 (Shuttles)
1. Sprint for 4 seconds recover for 16 2. Sprint for 6 seconds recover for 22 3. sprint for 8 seconds recover for 30 4. Sprint for 12 seconds recover for 44 5. Sprint for 12 seconds recover for 44 6. Sprint for 8 seconds recover for 30 7. Sprint for 6 seconds recover for 22 8. Sprint for 4 seconds recover for 16	1. sprint short side of football pitch 2. jog long side 3. walk short side 4. jog long side 5. sprint short side 6. walk long side 7. sprint short side 8. walk long side  Repeat above 3 times, with 2 minutes in between each set	1. Start at the end of a football pitch. Sprint to 6 yard line, walk back 2. Sprint to edge of penalty area, walk back 3. Sprint to half way line, walk back 4. Sprint to opposite penalty area, walk back 5. Sprint to opposite base line walk back

## How to Improve Strength

The Body Coach TV. Joe Wicks' Youtube Channel streams a PE session Monday to Friday at 9.00am, but you could also follow this programme?

Activity	Link	Instructions
Body Coach Session 1	<a href="https://www.youtube.com/watch?v=QXmdXilQaqA">https://www.youtube.com/watch?v=QXmdXilQaqA</a>	Follow along focussing on controlled technique.
Body Coach Session 2	<a href="https://www.youtube.com/watch?v=LZIHNVNcxF8">https://www.youtube.com/watch?v=LZIHNVNcxF8</a>	Follow along focussing on tempo and breathing.
Body Coach Session 3	<a href="https://www.youtube.com/watch?v=IXTp_Ww_4zY">https://www.youtube.com/watch?v=IXTp_Ww_4zY</a>	All out effort! Get super sweaty!
Body Coach Session 4	<a href="https://www.youtube.com/watch?v=rHlb8yfdDzo">https://www.youtube.com/watch?v=rHlb8yfdDzo</a>	Follow along focussing on controlled technique.
Body Coach Session 5	<a href="https://www.youtube.com/watch?v=zwAkH0XFrgw">https://www.youtube.com/watch?v=zwAkH0XFrgw</a>	Follow along focussing on tempo and breathing.
Body Coach Session 6	<a href="https://www.youtube.com/watch?v=AesCuT1E_hw">https://www.youtube.com/watch?v=AesCuT1E_hw</a>	All out effort! Get super sweaty!
Body Coach Session 7	<a href="https://www.youtube.com/watch?v=C4a0D36_e2E">https://www.youtube.com/watch?v=C4a0D36_e2E</a>	Follow along focussing on controlled technique.
Body Coach Session 8	<a href="https://www.youtube.com/watch?v=bSXR6V9q6rM">https://www.youtube.com/watch?v=bSXR6V9q6rM</a>	All out effort! Get super sweaty!
Body Coach Session 9	<a href="https://www.youtube.com/watch?v=EI9YG1Hug88">https://www.youtube.com/watch?v=EI9YG1Hug88</a>	All out effort! Get super sweaty!
Body Coach Session 10	<a href="https://www.youtube.com/watch?v=myiJq74fPY8">https://www.youtube.com/watch?v=myiJq74fPY8</a>	All out effort! Get super sweaty!
Other Ideas (that I like or have been recommended to me)		

Max Whitlock HIIT	<a href="https://www.bbc.co.uk/sport/av/get-inspired/46884637">https://www.bbc.co.uk/sport/av/get-inspired/46884637</a>	Have watched and tried this one and 2 others. They are quite intense
	<a href="https://gymrun.co.uk/gymrun/">https://gymrun.co.uk/gymrun/</a>	Has been sent to me by a middle school in London. Watched session 1 and 2 look quite good
Strength and Flex exercise plan (NHS)	<a href="https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/">https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/</a>	Podcasts. Have not listened to, but from a reliable source

### **How to Improve Suppleness (Flexibility)**

Stretch at the end of each session you complete or if you are in the older years and I have gone through the flexibility training I showed you, you could also do this once a week.

### **Other ideas on Variety and Skills Related Fitness:**

Someone said Oti Mabuse does a dance workout daily at 11.30. I have yet to find/try it though.

Our sports partnership is doing a challenge a day. So check out their twitter; [https://twitter.com/Vale\\_PE\\_SSP](https://twitter.com/Vale_PE_SSP)

To improve hand eye co-ordination. Learn to juggle. Start with catching a tennis ball, one hand to the same hand. Do again using other hand. Juggle with one hand using 2 tennis balls. Do again but with other hand. Use both hands juggle with 3 balls. Do again using different shapes, sizes, weights – for example - shuttle cocks, table tennis ball, rounders ball... loads of clips out there to help you learn.

Sport Specific ideas. Keep-uppies with a football, blind dribbling with basketball, digs to self/wall for volleyball...

Here are some example programmes of what a week one could look like (just ideas);

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My Last Week	10 minute brisk walk, 3000m slow jog, 10 minute brisk walk home	Pilates DVD	10 minute brisk walk, 3000m slow jog, 10 minute brisk walk home	Walk	Circuit Session (Similar to Max Whitlock HIIT 1)	Interval Session (Walk back one)	Walk
Basic	9am "PE Lesson"  Walk	9am "PE Lesson"  Walk	9am "PE Lesson"  Walk	9am "PE Lesson"  Walk	9am "PE Lesson"  Walk		
Basic 2	9am "PE Lesson"  Week 1 Couch to 3K	Walk	9am "PE Lesson"	Walk  Week 1 Couch to 3K	9am "PE Lesson"	Week 1 Couch to 3K	Walk
More Advanced	3k Run  Advanced Stretches	Max Whitlock HIIT 1	Interval Session Pyramid	Joe Wicks Session 1	3k Run	Co-ordination Stuff	