

Subject: Physical Education	Topic: Components of Fitness- MUSCULAR ENDURANCE	Year: Ks3	Date: 1/5/20	Week: 3
Learning Activities			Communication	Supporting Sites
<p>Topic: Components of Fitness- MUSCULAR STRENGTH What do you want students to know?</p> <ol style="list-style-type: none"> How to exercise and keep fit safely at home Relate exercises to a specific area of fitness – in this case – MUSCULAR ENDURANCE A range of Exercises that can be done at home <p>What do you want them to produce to demonstrate learning?</p> <ol style="list-style-type: none"> Practice the exercises daily and try to improve. Record daily scores/results in a written or video? Diary to track progress. Think of some ways you could change/add new exercises to make it easier or more difficult – depending on your level of fitness. <p>ACTIVITIES Remember – always stretch thoroughly before you begin – think about our PE Lesson Warm Ups! SETS – TRY TO DO 1 SET OF EACH ON DAY 1+2; 2 SETS ON DAY 3+4 and 3 SETS ON DAY 5 onwards. REPETITIONS (REPS) – Try to do no less than 15 and 30+ in any single set.</p> <ol style="list-style-type: none"> PLANK – Abdominals (stomach) – muscles used Lie flat on your front on the ground, prop your upper body upon your forearms and your legs up on your toes. Raise your hips off the floor about 15cm (approx). Hold this ‘plank’ position for between 30 & 60 seconds then rest for a similar period of time. Repeat 5 reps of your longest hold. TOP TIP – If your arms are shaking on your final rep then this proves you have worked hard JUMPING JACKS – Whole Body!! Stand upright – legs together – arms by your side 			<p>WHAT DO YOU WANT THEM TO PRACTICE? HOW?</p> <ol style="list-style-type: none"> Complete each exercise daily as outlined in the ACTIVITIES section – hopefully increasing sets/reps throughout the 1 week block as recommended. These must be performed strictly and safely as instructed. Remember key vocabulary – Names of exercises, names of muscles used, other subject specific key word (see key vocab at the end). <p>WHAT CAN THEY TEACH TO SOMEONE ELSE? HOW?</p> <ol style="list-style-type: none"> Teach all 5 exercises to someone else in your household – you model – they copy. Teach the key vocab – test 	<p>Resources Needed:</p> <p>Comfortable clothing/sports wear</p> <p>Inside or outside space</p> <p>CURRICULUM LINKS: This is linked to the PERSONAL FITNESS strand of the PE Curriculum</p> <p>KEY VOCAB: Try to find out the meaning/definition/any interesting facts about: Muscular Strength; Set(s); Repetitions (Reps); Triceps; Quadriceps; Abdominals; Hamstrings; Deltoids; Core Strength; Pectorals; Warm Up; Cool Down; Gluteus Maximus; Latisimus Dorsi</p> <p>SUPPORTING SITES/FURTHER READING: NB – There are probably many videos (You Tube etc) and/or pictures on the internet to help support the descriptions given. Just type in the exercise name and select from the vast array of sites/information on offer – have a look at a few and choose the one you prefer to support your workout.</p> <p>Good Luck – Stay Healthy; Stay Fit; Stay Safe.</p> <p>President Kennedy School PE Department</p>

<p>Bend knees slightly and jump into the air As you jump, spread your legs about shoulder width apart and stretch your arms out over your head Jump back to starting position Repeat 15-30 times – Max 5 sets</p> <p>3. BURPEES – Whole body (especially – triceps/quadriceps/hamstring). Stand with feet shoulder width apart – arms by your side Bend at hips and knees so that you are in the squat position (hamstrings parallel to the floor and upper body bent forward 45 degrees at the hip). Place hands on the floor in front of you and close together under your shoulders, arms locked. Kick your feet back so that you are in a plank type position all your weight taken on your hands and toes. Drop to the floor slowly and deliberately, palms flat on the floor, elbows in the air, arms tight to the body. Press up with your arms and jump the feet forwards and straighten your body, hands and arms raised above your head. Return to start position. TOP TIP – jump as high as you are able.</p> <p>4. SQUAT THRUST – lower body – especially quadriceps and hamstring (Thigh). Feet shoulder width apart and arms by your side. Lower into squat position and place your hands (palms) on the floor Kick (or step) your legs back into the plank position. Jump (or step) legs forwards to return to squat position. Return to standing.</p> <p>5. ‘SUPERMAN’ – Abdominals (stomach); Latisimus Dorsi (Back) Lay face down on the floor – arms outstretched. Hands and arms must be straight out in front of you for the entire exercise. Raise hands and legs 8-10cm of the floor, hold for 5 seconds – repeat! When you feel confident raising both arms and both legs at the same time – you can do alternate/oppositeraises – eg left arm and right leg at the same time followed by right arm and left leg – repeat etc</p>	<p>on words/definitions/information etc – verbal or written.</p> <p>3. Make the exercises competitive with others in the household and the Key vocab tests. Keep daily/weekly scores.</p>	
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Complete a short Cool Down to finish – before freshening up and changing.

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