



J S | S P O R T S & E D U C A T I O N

# P.E at Home

## “FOR THE PARENTS”

We are deeply committed about the benefits that an active lifestyle can mean for a child including health, emotional development and self-confidence, our goal is to teach children from an early age how important it is to maintain a healthy lifestyle whilst having lots of fun along the way!

Here are some benefits of why children should exercise daily:

- Help strengthen their bones and muscles
- Increases children's self-confidence and belief
- Teaches them the importance of exercise
- Helps keep their mental state of mind healthy
- Will be less likely to become overweight
- Exercise will reduce the risk of developing type 2 diabetes
- Children will have better outlook on life
- Making new friends
- Leadership skills
- Positive behaviour
- Trying out new sports and activities
- Learning new skills
- Positive attitude

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test. As you can see, exercise and frequent activity for Children is critical to their ability to develop into happy, healthy, active adults.



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# P.E at Home

## “FOR THE CHILDREN”

JS Sports & Education have designed a ‘P.E at home workshop’ for you that you can complete whilst you are not at school, you can do this anywhere, anytime!!! We hope you have lots of fun!

### REMEMBER:

- Always warm up so your mind and body are ready to workout!
- Drink lots and lots of water before, during and after your workout!
- Aim to work out 4 to 5 times a week!
- It will be good to keep your fitness levels up!
- No skipping exercises, reps or rounds – work on that growth mind-set!!!
- Always have fun and enjoy your session.
- Do this with family members to make this even more fun!

We have designed different work outs, Fun-Fact sheets and even a sheet where you are able to design your own H.I.I.T work-out! We are confident you will have so much fun keeping active whilst you’re not at school.

# 'JS Sports & Education

## Warm up'

All warm up activities should be carried out inside a safe area, be careful not to bump into anything or anyone.

Remember, do this on the spot or moving around if you have space.

**30% - 50% of maximum**

1. Gentle jogging
2. High skipping
3. Hopping (5 on each foot)
4. Heel/Butt flicks
5. Jogging with high knees
6. Bouncing (feet together)

*All 30 seconds*

*1 min rest*

**50% - 75% of max**

1. Gentle jogging
2. High skipping
3. Hopping (5 on each foot)
4. Heel/Butt flicks
5. Jogging with high knees
6. Bouncing (feet together)

*All 30 seconds*

**Warm up complete – Well done!**

# Work out 1 - H.I.I.T.

## WARM UP

Use the 'JS Sports & Education Warm Up' followed by

2mins Jog on the spot 60 %

## MAIN SESSION

**15** Burpees - rest 10 seconds

**12** Squats – rest 10 seconds

**10** Ab crunches – rest 10 seconds

**8** Lunges – rest 10 seconds

**4** Press ups – rest 10 seconds

**30** seconds high knees – rest 10 seconds

(Do the above 5 times through - rest 1 min after the 6 exercises)

## COOL DOWN

2 mins light jog on spot 30%

**\*see our fitness cards for all information on correct techniques and movements that will be attached at the end of this workshop!**

# Work out 2 - H.I.I.T.

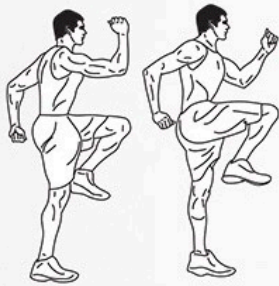
## WARM UP

Use the 'JS Sports & Education Warm Up'

-No rest between exercises

-30 seconds rest when you have completed all 6 exercises

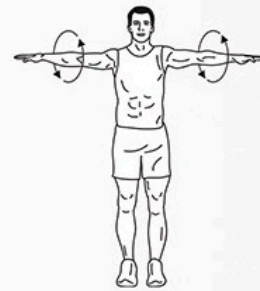
-Do the below 5 times through / To make this harder, do each exercise for 30sec not 15sec



**15sec** march steps



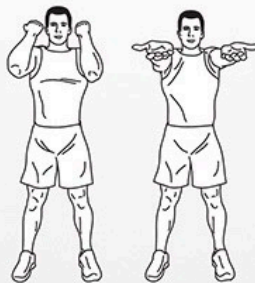
**15sec** high knees



**15sec** arm circles



**15sec** high knees



**15sec** bicep extensions



**15sec** high knees

# Work out 3 - H.I.I.T.

## WARM UP

Use the 'JS Sports & Education Warm Up'

Workout 3 is called 'QUICK H.I.I.T'

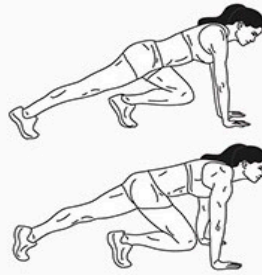
Level I – 3 sets

Level II – 5 sets

Level III – 7 sets



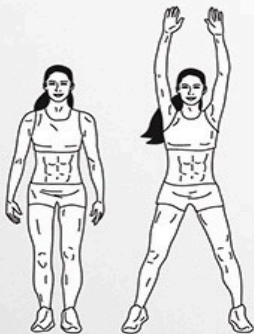
**20sec** high knees



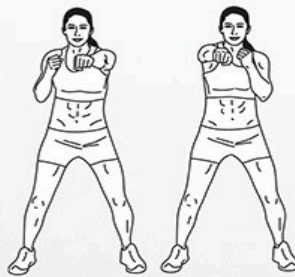
**20sec** climbers



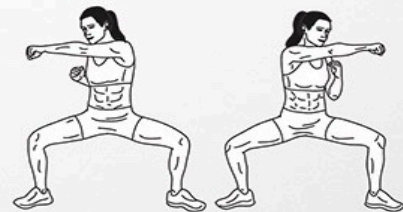
**20sec** plank hold



**20sec** jumping jacks



**20sec** punches



**20sec** squat hold punches

# Work out 4

## Design your own H.I.I.T work out!

**Write your workout in the box provided below;**

**\*Remember, don't forget to add a warm up!!!**

### **Quick tip:**

You will be doing a lot of H.I.I.T workouts, here is what it means...

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time!

# Fun-Fact sheet

**Here are some interesting facts about the body:**

## **FUN FACTS ABOUT MUSCLES**

-Muscles make up about 40% of your total body weight. This is why athletes with very little fat can still weigh a lot.

-You are born with all the muscle fibers you'll ever have. These fibers grow thicker, but you don't grow new fibers.

-It's true that it takes more muscles to frown than to smile. Frowning uses 43 muscles, while it only takes 17 to smile!

## **FUN FACTS ABOUT BREATHING**

-Your left lung is slightly smaller than your right lung, leaving some extra space for your heart.

-Your lungs are so big that if you opened them flat, they could cover an entire tennis court!

-The lungs are the only organ in the human body that can float on water.

-People with a large lung capacity can send oxygen around the body faster. To increase your lung capacity, stay active! Exercise and avoid smoking to keep your lungs healthy.

## **FUN FACTS ABOUT THE HEART**

-Do you know what an electrocardiograph is? Well it measures the electric current in the heart and helps doctors to know what's happening in this amazing organ. It was invented in 1903.

-If you want to feel how fast your heart is beating put your finger on the side of your wrist or throat. This is your pulse.

-Get the stopwatch out and see how many times it beats in a minute. As a kid it should beat about 75 to 100 times per minute. Go on, check it out now.



# Your Fitness Journal

[illegible]

## Abdominals

## Oblique's

### Key Points

- Lay on your side and place forearm 90 degrees on the floor.
- Lift your upper body supported either by feet or knees.
- Keep body straight and stable.

1 = Easy  
2 = Hard  
3 = Insane

**Further Progression!**  
Twist free arm underneath the body!

## Side Plank



## Abdominals

## Hip Flexors

### Key Points

- Raise knees and fixate hips.
- Raise shoulders off the floor (only go half way!)
- Lower shoulders back to the floor and repeat!

### Progressions

- 1) Raise legs to 90 degrees whilst performing the sit up.
- 2) Place one leg across the other and add a twist in the sit up.

## Ab Crunches



Whole Body  
Exercise

Muscular  
Endurance

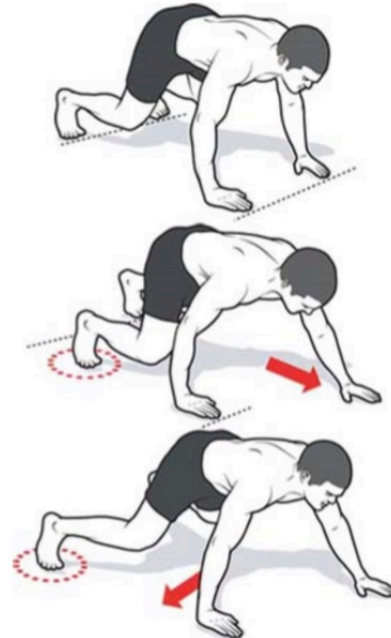
## 'Bear' Crawls

### Key Points

- Head facing forwards at all times.
- Straight back at all times.
- Crawl forwards, opposite hand to opposite leg.

### Progression!

Add a press up on each  
movement!



Abdominals

Lower Back

## Plank

### Key Points

- Lay on your front and place your forearms and palms flat on the floor.
- Lift your chest, stomach and legs off the floor and maintain balance on forearms and toes.
- Keep a straight, flat back.

**No. 1 = Easy**  
**No. 2 = Hard**  
**No. 3 = Insane!**

1



2



3



## Triceps

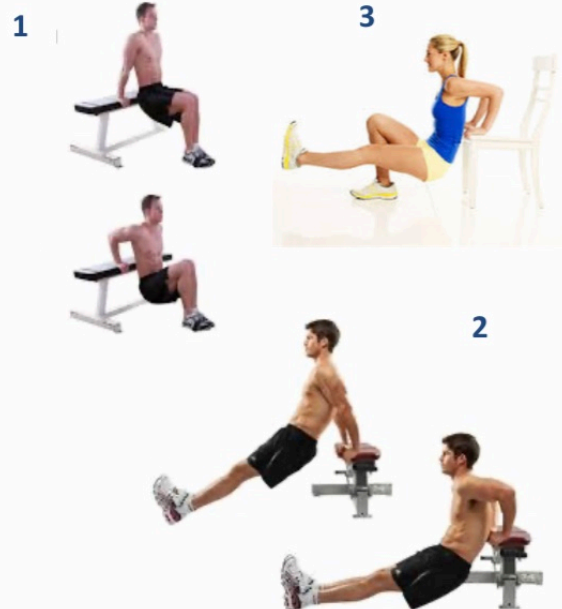
## Pectorals

### Key Points

- Place hands on bench with fingers facing forwards.
- Straighten legs so only heels are touching the floor.
- Bend elbows to lower buttocks to the floor.
- Push back up so elbows are straight.

**No. 1 = Easy**  
**No. 2 = Hard**  
**No. 3 = Insane!**

## Tricep Dips



## Triceps

## Pectorals

### Key Points

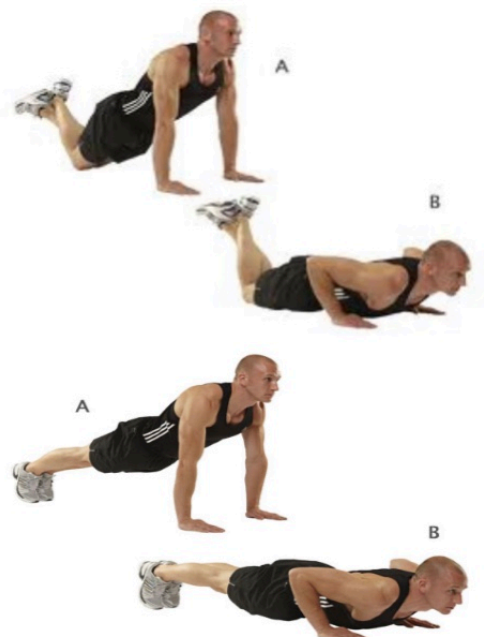
- Head facing forward.
- Straight back.
- Bend elbows and lower chest to the floor.
- Push back up to starting position.

**Easy:** Start from knees.

**Harder:** Start from feet.

**Insane:** Press up with front clap!

## Press Ups



Quadriceps

Gluteus  
Maximus

# Squats

## Key Points

- Neutral head position
- Straight back.
- Hips parallel or below!
- Knees behind toes.
- Weight on heels.

## Progression!

**Jump Squats!**  
**Squat with your partner on your back!**



Cardiovascular  
Endurance

Muscular  
Endurance

# Step Ups

## Key Points

- Head up and a straight back at all times.
- Step onto the bench (make sure both feet go on the bench).
- Then step off the bench one foot at a time.
- Do this as fast as you can!

**Progressions!**  
**Have weights in each hand.**  
**Toe taps on the bench.**





Cardiovascular  
Endurance

Muscular  
Endurance

## Skipping

### Key Points

- Hold the skipping rope by the handles.
- Start with your hands in front of your body but the rope behind your feet.
- Throw the rope over your head and jump just as the rope hits the floor.
- Try maintain a rhythm for this one!



Cardiovascular  
Fitness

Muscular  
Endurance

## Mountain Climbers

### Key Points

- Begin in the press up position.
- Straight back at all times.
- Drive knee to the chest (one leg at a time).
- This can be performed with hands on a bench.

### Progressions!

- 1) Single leg out to the side.
- 2) Rotate single leg in a circular motion (then swop!)



Full Body

Cardiovascular  
Fitness

# Burpees

## Key Points

- Squat down.
- Kick feet back.
- Chest to floor.
- Return to squat position.
- Jump!

**Progression!**  
**Add a press up!**  
**Do this on a crash mat!**



Quadriceps

Gluteus  
Maximus

# Lunges

## Key Points

- Keep back straight.
- Shoulders back.
- Head facing forward.
- Step forward with one leg.
- Bend back leg to 90 degrees.

**Progression!**  
**Alternate Jump Lunges!**

