

LET'S GET PHYSICAL!

WEEK 1

# CARDIOVASCULAR & MUSCULAR ENDURANCE

## CARDIOVASCULAR ENDURANCE

### What is it?

The ability of the heart, lungs and blood to transport oxygen during sustained exercise. As your muscles work harder, they need more oxygen, so your breathing and heart rate get faster to move more oxygen around the body.

### Sporting Example

It's particularly important in distance running, triathlon, playing a whole football or netball match without tiring.

## MUSCULAR ENDURANCE

### What is it?

The ability of a muscle or group of muscles to exert force repeatedly without tiring.

### Sporting Example

It's important to a rower when they repeatedly pull their oar against the water to propel the boat towards the line.

## HOW CAN I IMPROVE MY CARDIOVASCULAR & MUSCULAR ENDURANCE?

You need to do at least 10-15 minutes exercise a day. Here are your weekly challenges!



1 Do as many Star Jumps as you can in one minute.



2 Jog on the spot for as long as you can. Time it and see if you can beat the time.



3 See how many Press Ups you can do in 30 seconds.



4 See how many Squats you can do in one minute.



5 See how many Sit Ups you can do in one minute.

## LET'S GET PHYSICAL!

### WEEK 2

# FLEXIBILITY & STRENGTH

## FLEXIBILITY

### What is it?

The range of motion at a joint.

### Sporting Example

A gymnast training to increase hip mobility to improve the quality of their split leap on the beam.

## STRENGTH

### What is it?

The amount of force a muscle can exert against a resistance.

### Sporting Example

Pushing with all one's force in a rugby scrum against the resistance of the opposition pack.

## HOW CAN I IMPROVE MY FLEXIBILITY & STRENGTH?

You need to do at least 10-15 minutes exercise a day. Here are your weekly challenges!



Sit on the floor with your feet placed against a box. Reach forwards and see if you can get your fingers past your toes. Measure the distance if possible.



Reach up into the air. Whilst keeping your legs straight, bend to touch your toes.



Get into the Plank position. How long can you hold this position for? Keep your bum down low!



You need two food tins (each the same weight). Hold them in each hand with your arms out to the side. How many times can you lift your arms up and down in one minute?



Place an empty cereal box on the floor. Without bending your legs, try to get down and pick up the box with your mouth. If you achieve this, tear a layer of the box off (to make it smaller).

SHOW US YOUR SKILLS!

WEEK 3

# CO-ORDINATION & POWER

## CO-ORDINATION

### What is it?

The ability to use two or more body parts together.

### Sporting Example

A trampolinist timing their arm and leg movements to perform the perfect tuck somersault.

## POWER

### What is it?

The ability to perform strength performances quickly.

### Sporting Example

A javelin thrower applies great force to the spear while moving their arm rapidly forward.

## HOW CAN I IMPROVE MY CO-ORDINATION & POWER?

You need to do at least 10-15 minutes exercise a day. Here are your weekly challenges!



1 Get a teddy or pair of socks and see how many times you can hit it up and down with the palm of your hand.



2 How many times can you throw and catch a ball or a pair of socks in one minute?



3 How many Keepy Uppies can you do? Keep trying to improve on this.



4 How far can you jump forwards on two feet? Measure this and try to beat it.



5 How many Jumping Squats can you do in one minute?

SHOW US YOUR SKILLS!

WEEK 4

# AGILITY & BALANCE

## AGILITY

### What is it?

The ability to change the position of the body quickly and control the movement.

### Sporting Example

A badminton player moving around the court from back to front and side to side at high speed and efficiency.

## BALANCE

### What is it?

The ability to maintain the body's centre of mass above the base of support.

### Sporting Example

A sprinter holds a perfectly still sprint start position and is ready to go into action as soon as the gun sounds.

## HOW CAN I IMPROVE MY AGILITY & BALANCE?

You need to do at least 10-15 minutes exercise a day. Here are your weekly challenges!



1 Research five Yoga positions on the internet and practice them.



2 Measure 5-10 metres either in or outdoors. Place four pairs of socks at one end of the line. Run and pick up one pair of socks at a time and run back. Time yourself until you have all the socks.



3 How long can you balance on one leg for? Keep trying to improve on this time.



4 Get into the press up position. Lift one hand off the floor and one foot off the floor. How long can you hold that balance for?



5 Lift one leg to the side and see how long you can balance for. Keep trying to improve on this.

SHOW US YOUR SKILLS!

WEEK 5

# SPEED & REACTION TIME

## SPEED

### What is it?

The ability to put body parts into motion quickly.

### Sporting Example

A tennis player moving forward from the baseline quickly to reach a drop shot close to the net.

## REACTION TIME

### What is it?

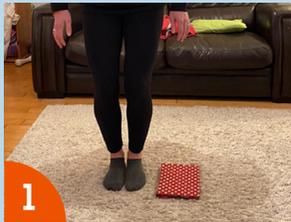
The time taken to respond to a stimulus.

### Sporting Example

A boxer sees a punch coming from their opponent and rapidly moves their head to avoid being struck.

## HOW CAN I IMPROVE MY SPEED & REACTION TIME?

You need to do at least 10-15 minutes exercise a day. Here are your weekly challenges!



1 Put a book on the floor. With two feet together see how many times you can jump either side of the book in one minute. Try and beat your time.



2 You'll need help from an adult or sibling and a pair of socks or a ball. Hold your arm out straight with the palm of your hand facing upwards. The person helping will hold and drop the item without telling you. You must react and catch it.



3 You need a ball or pair of socks. In pairs see how many times you can throw and catch to each other in one minute?



4 Get into the press up position. See how many times you can tap alternate shoulders in one minute.



5 Put a book on the floor. On one foot how many times can you hop either side of the book in one minute? Try and beat your time.