

Team Kick Start

Eat Learn Play



Exercise Stations: Week 1

Good news, this week we will have p.e every single day! With the focus being on your strength and fitness. There will be five different stations and an added bonus station of mindfulness sporty meditation, this week you will not only improve your stamina but also your overall wellbeing. There are three different levels that you can try 1, 2 or 3. The target for the week is to get to level 3 and complete it as many times as possible. Keep a record of your personal best, work hard and good luck.

1

**30 SECONDS ON
EACH STATION WITH
A 30 SECONDS REST.
SPORTY MEDITATION
LAST 2 MINUTES**

2

**45 SECONDS ON
EACH STATION WITH
A 30 SECOND REST.
SPORTY MEDITATION
LAST 3 MINUTES**

3

**60 SECONDS ON
EACH STATION WITH
A 30 SECOND REST.
SPORTY MEDITATION
LAST 5 MINUTES**



Hard work:

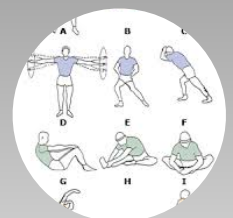
Work to your maximum on each station.

Have a drink of



water after each activity:

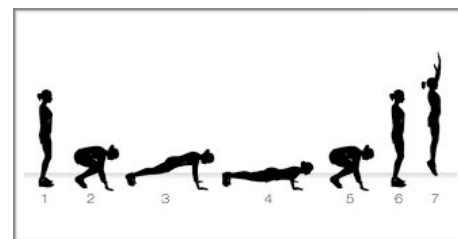
Staying hydrated is an important part of being able to work to your maximum.



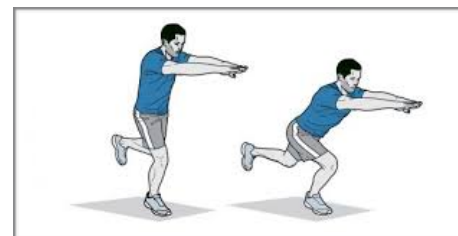
Remember to warm down at the end of your workout:

Stretch, breath and shake.

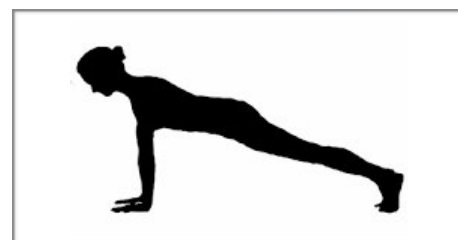
Burpee: A burpee is a combination of a squat, push-up and jump. Start from standing, drop into a squat with your hands landing on the ground, transition into a push-up, quickly move/jump back up into a squat, and then jump up to finish. Burpees work your entire body, using many of your joints,



One leg squat: Stand on one leg with your foot pointing straight ahead and the knee of the other leg slightly bent, raise the non-supporting foot from the floor slightly and then lower to a squat position. Squats strengthen your legs, core muscles and increase flexibility. This is an ideal exercise for athletes of all sports and skill levels, but it's especially useful for runners.



Plank: Get into plank position by supporting your body weight on your hands and toes, hands should be placed directly under your shoulders and keep your stomach muscles contracted and your back straight, eyes ahead of you. Planks are good for your balance, posture, core and resilience. This is an ideal exercise for athletes and gymnast.



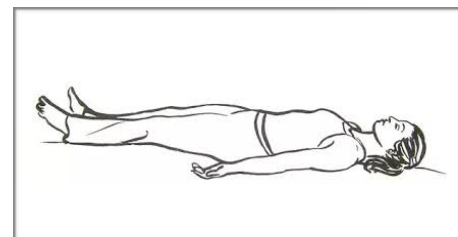
Mountain climbers: Get into a plank position, making sure to distribute your weight evenly between your hands and your toes. Pull your right knee into your chest as far as you can, then switch, pulling that knee out and bringing the other knee in, keeping your hips down, run your knees in and out as far and as fast as you can. Mountain climbers are fantastic for you overall stamina.



Sit ups: Everyone knows how to do a sit up but in order to do them safely just remember to ask for help in keeping your feet on the ground and to lesson the strain on your lower back keep it pressed into the ground and your torso and spine in a c-shape. Sit ups are great for your core muscles and will help with your balance in every single sport.



Meditation: Lay down with your arms by your side, close your eyes and think about playing your favourite sport. Really focus on the different movements and skills you may need for all the difficult positions you may find yourself in. Come up with as many different ways of problem solving your way out of these situations. Sporty meditation is good for your concentration and will help you to stay calm in tricky situations.



MESSAGE FROM EVERYONE AT TEAM KICK START.

Hi all, firstly, we miss having everyone at school participating in sports and working really hard in their p.e lessons. We decided to put this workout plan together for you all to ensure that whilst you are at home you remain as fit and as healthy as possible. Each week I will add a different workout plan with new targets for you all to reach. As well as my workout plan remember that it's important to go outside and get some fresh air, kick or throw a ball against the wall or even go for a little run. Can't wait to have you all back. I hope to see you all soon, Karl.

