

PE activities you could complete at home

Circuit training:

Can you make your own circuit?

Target Muscles

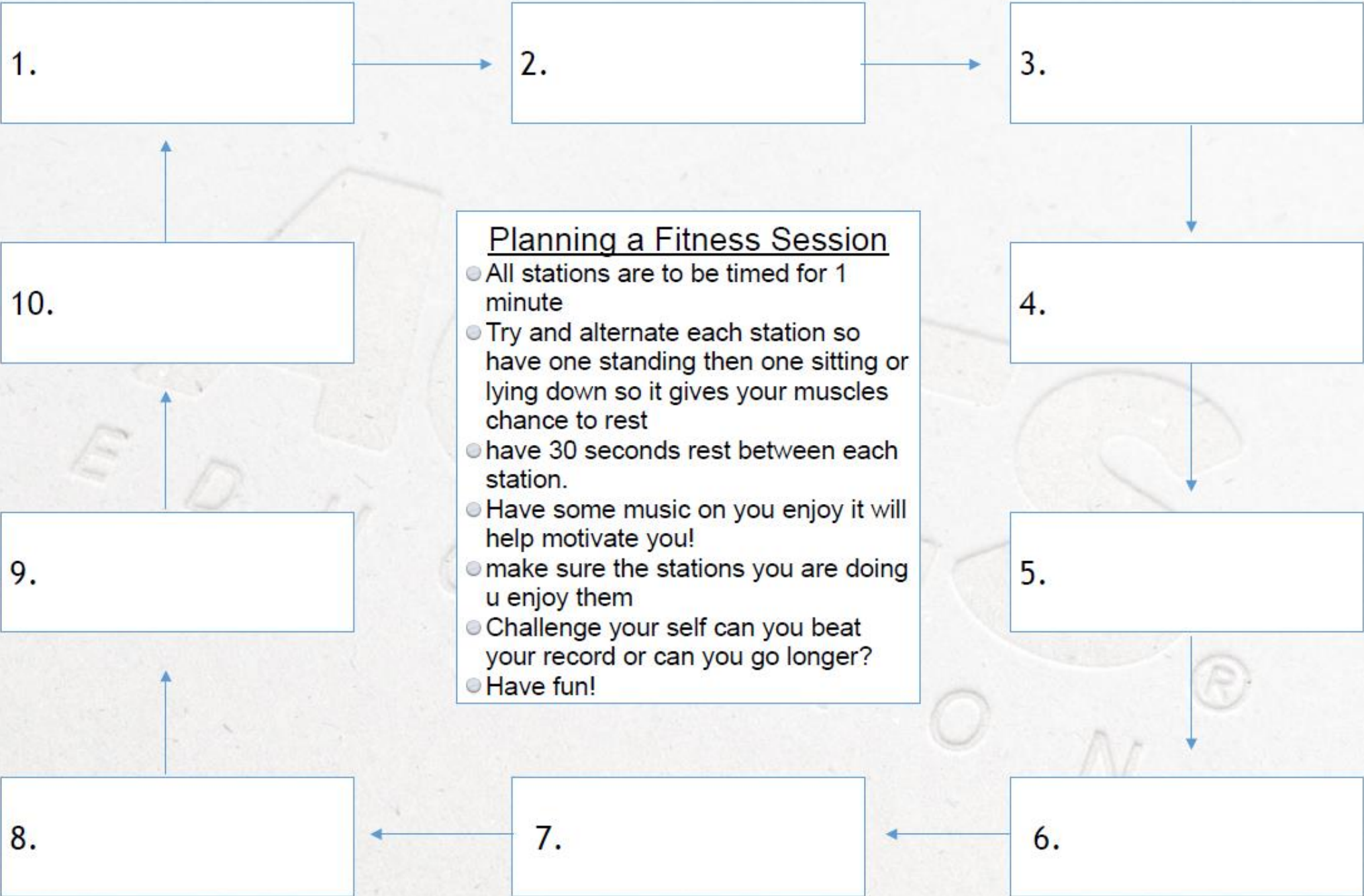
Red = Lower body

Blue = Core stability

Yellow = Upper body

Green = Cardiovascular fitness

- **Press Ups** - These make your back biceps and core stronger.
- **Crunches** - Helps strengthen your core.
- **Sit Ups** - These help with your core, strengthen your hip muscles also they improve your balance and stability.
- **Toe Taps** - This helps strengthen the core (stomach muscles) this is good for every sport but more specifically gymnastics, swimming.
- **Tummy Twists** (use a heavy object, heavy toy, flour, rice, pasta bag)
- **Planking** - (side or front) helps strengthen your core and helps with majority of sports.
- **Crunches** - Helps with flexibility, balance and stability and making your core stronger.
- **Squats** - This can be useful for explosive sports (strong burst of energy) such as Football, Basketball, Rugby.
- **Lunges** - These help strengthen your leg muscles and core as well as your balance.
- **Vertical Jumps** - Strengthen your legs, can help with posture.
- **Squat thrusts** - full body workout mainly targeting your core & legs.
- **Box Jumps** (can be used with a bed, chair, sofa, steps/stairs) this helps you workout your whole leg muscles.
- **Mountain Climbers** - full body workout mainly working on fitness.
- **Jogging on the spot** - increases your fitness levels so you can run for longer and further.
- **Burpees** - Endurance this gets your muscles moving and helping them to perform for a longer period.
- **Speed Bounce** - this helps with weight loss, making your bones and muscle tissue better, and your fitness levels.
- **Star Jumps** - Endurance this gets your muscles moving and helping them to perform for a longer period.



Gymnastics

Basic Shapes

ARE YOU: Strong? Straight? and Stretched? with a 3-second hold?

Key Shapes

Pencil: Arms Straight, fingers pointed to the ceiling, legs together, arms cover ears. tight body tension.

Star: Arms and legs out toes and fingers pointed using your body as the centre and your legs and arms making the points of the star.

Tuck: Sat on your bottom, bring your knees to your chest, heels off the floor toes pointing into the ground, arms wrapped around your knees.

Arch: Stomach on the floor raise your head, arms and legs off the floor keeping them straight so only your stomach is on the floor keep toes and fingers pointed.

Dish: Like the 'Arch' shape except this time starting on your bottom, rise your legs at an angle and try and sit up hold this position with your fingers and arms straight pointing towards your feet.

Straddle: Sit up straight, legs out wide making a V shape, arms over the top your legs pointing out straight. Remembering to point toes and fingers straight.

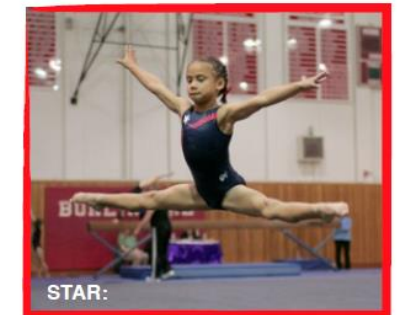
Pike: Sit up straight, legs together, toes pointed out straight, arms matching your legs and hold the position.

Rolls

Pencil Roll: follow the key shapes for the pencil position and lie down on your back, keeping a tight body tension roll all the way over using your shoulder and hip as pivoting points.

Teddy Bear Roll: sitting in the straddle position, place your hands under your knees and roll onto your shoulder first, then with the momentum use the top of your back to roll to the other shoulder whilst bringing the opposite foot over the same shoulder. e.g if your roll onto your left shoulder first your right foot should be coming over the top of you.

Tuck Roll: Starting in the tuck position roll backwards onto your back nice and slowly and hold the position. or you can roll onto your back and sit back up in the same motion.



Could you put these shapes and rolls into a routine to follow on from one another?

Balances

If you have a space, try some of these balances, all balances should be slow and controlled and be held for a total of 4 seconds.

Balances can be supported to help learn. Do not balance solely on your head

