






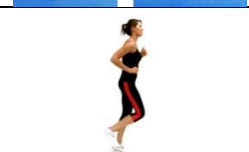
KS3 Physical Education – Workouts

Below are the six workouts that will be completed in the YouTube LIVE workouts. These are set out for you to complete at home using the Tabata style of training. This means you do the exercise for 20 seconds' and then rest for 10 seconds' before starting the next exercise. Once you have done all 8 exercises you then take 1 minute rest before the starting the exercise again. If you can complete 5 sets however, if you are struggling you can make the rest breaks longer or the work time shorter. If you are not sure on the exercises there is a picture next to it which should help. Once you have completed the workout fill in the feedback on your workout feedback table.









The most important thing is put on some good fast temp music to motivate you and of course have FUN!



Workout 1

1. Star Jumps	
2. Hip twists	
3. Squats	
4. Plank	
5. Sit Ups	
6. Lunges	
7. Mummy Kicks	
8. Sprint on the spot	









Workout 2

1. Lunges	
2. Hip twists	
3. Squats	
4. Star Jumps	
5. Crunches (do not come up as far)	
6. Lunges	
7. Jump Squats	
8. Sprint on the spot	

Workout 3

1. Press Ups	
2. Hip twists	
3. Squats	
4. Star Jumps	
5. Heel touches	
6. Lunges	
7. Plank	
8. Burpees	







Workout 4

1. Star Jumps	
2. Hip twists	
3. Hold a squat	
4. Plank	
5. Sit Ups	
6. Heel touches	
7. Jump Squats	
8. Sprint on the spot	

Workout 5

1. Press Ups	
2. Hip twists	
3. Sit Ups	
4. Star Jumps	
5. Heel touches	
6. Sprint on the spot	
7. Plank	
8. Burpees	

Workout 6

<p>1. Burpees</p>	
<p>2. Hip twists</p>	
<p>3. Sit Ups</p>	
<p>4. Star Jumps</p>	
<p>5. Leg raises</p>	
<p>6. Mummy Kicks</p>	
<p>7. Plank</p>	
<p>8. Sprint on the spot</p>	

Workout Feedback



Workout	How hard was the workout? 1=Too easy 3=Just right 5=Too hard	Was the workout enjoyable? 1=Not at all 3=It was OK 5=Loved it	How the workouts could be improved?
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2			<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
3			<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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