

## 5-1 FITNESS

The idea behind 5-1 Fitness is to give students experience of different ways and styles of keeping fit and healthy. It will expose them to different activities, encourages participation and determination as well as opportunity to track improvement. Most of all, it should be enjoyable and create a love of learning. There are 5 activities, based on a theme from 5-1. They could all be completed in a row, or used to dip in and out of at different times. It is designed so it can be used at the start of a unit or term, and again at the end to gauge progress or earn rewards for improvement.

# MY PERSONAL CIRCUIT

*5 - Design a 5 station circuit with different exercises in each area. Draw or describe the exercise in each box. Use one box as a rest station.*

### Who for?

All year groups

### Where?

Adaptable to all areas Indoors or outdoors

### Equipment needed

The attached worksheet.

If you wish pupils to then complete the circuit they create you will need a space and the equipment they decide to use. It may be worthwhile outlining what they can use, i.e cones, mats and a bench.

You could ask them to create their circuit for themselves, or give them a task. For example, a famous sportsman, a member of their family, somebody returning from injury, somebody who wants to be more flexible. The options really are endless.

## FITNESS TRAINING - MY OWN CIRCUIT

Key details of my circuit: (Time/Reps/) .....

.....

.....

Why these stations?( Improvement/enjoyment/how will it help me?) .....

.....

.....

## 5-1 FITNESS

# STATIC CHALLENGES

*4 - These 4 static challenges can be completed anywhere, in a small space, and a short amount of time.*

### Who for?

All year groups

### Where?

Adaptable to all areas Indoors or outdoors

### Equipment needed

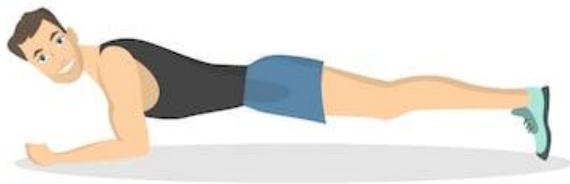
You will need a wall. Some exercises are better completed on a mat.  
A stopwatch and paper to record your best scores.

### Sports Leadership

Think about how pupils could be used to help staff run the competition.

What roles could they help with?

- Activity set up
- Recording scores



### 1. The Plank.

- Ensure the body is straight – ‘head higher than bum,
- Only toes and forearms to contact the ground.
- Stop the timer if knees, head or chest touch the ground, or if bum lifts to a ‘v’ shape body.
- 1 minute is good, 3 minutes maximum suggested.



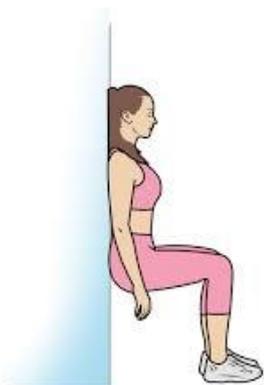
### 2. The 'V' Sit.

- From a seated position raise the legs off the floor (keep them straight if possible,
- Arms should be straight and pointing towards your toes.
- Stop the timer if back or feet touch the ground, or if knees bend to a tuck shape.
- 30 seconds is a good score.



### 3. The Stork Stand

- Stand in the position in the picture. The time starts when the performer pushes the standing leg onto the ball of the foot.
- Arms must stay on hips.
- Stop the timer if the leg comes off the knee or arms wobble.
- 45 seconds is a good score.



### 4. The Wall Sit

- Stand against the wall.
- Keeping your back against the wall bend until you copy the picture. You should not be able to see your toes.
- Arms should be in front of you, against the chest or hanging.
- 60 seconds is a good score, no more than 4 minutes is needed.

## 5-1 FITNESS

# Shuttle Run

*3 - Complete a 3 minute continuous shuttle run. Travel as many shuttles as you can in 3 minutes.*

### Who for?

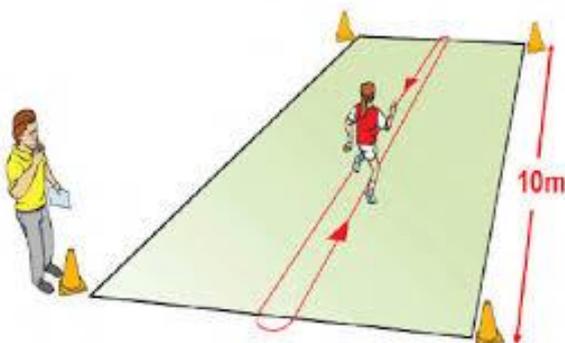
All year groups

### Where?

Adaptable to all areas Indoors or outdoors. Ideally completed across a 10m course, but can be adapted to fit into a different space, hall or garden. You will just need to calculate your shuttles x length of area to get your score in metres.

### Equipment needed

Marker cones or alternative to mark the shuttle.  
Stopwatch



Start at one cone. Run around the far cone and back. This counts as 1 shuttle. Continue this pattern for 3 minutes, adding 1 shuttle each time you return to the start.

After 3 minutes, calculate your distance ran. With 10m between cones you may have completed 18 shuttles, so  $18 \times 20\text{m} = 360\text{m}$

## 5-1 FITNESS

# Step Test

*2 - Complete a 2 minute step up test. Complete as many step ups as you can in 2 minutes.*

### Who for?

All year groups

### Where?

Any suitable step will do! A gym bench is ideal, but could also use the bottom stair, a kerb, a pillow, anything you can step on and off of.

### Equipment needed

Appropriate step.  
Stopwatch  
Determination and co-ordination



Starting with 2 feet on the floor, step up on to the box, and then off. Both feet must go on the box before the first foot steps back off.

‘Up Up, Down Down’

Try to get a jogging rhythm and don't go off too fast. 2 minutes is a long time on this exercise!

A score of above 80 is good.

## 5-1 FITNESS

# Burpees

*1 - Complete a 1 minute burpee challenge. Complete as many burpees as you can in 1 minute.*

### Who for?

All year groups

### Where?

Any space is fine. A smooth (mat) or soft (grass) surface is best as your hands hit the floor often and at speed.

### Equipment needed

Space.  
Appropriate footwear.



The Burpee is a full body exercise. Starting standing up, follow the positions in the picture quickly and with body control. Stand-Crouch-jump legs out- jump legs in – jump up to standing. This process is 1 burpee.

Count how many burpees you can complete in 1 minute.

Anything over 15 is a good score.

## School Games Values

During each of the activities pupils are challenged to demonstrate the School Games values;

- **Determination** - Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!
- **Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- **Respect** - Respect for the referee, for the opposition, for your teammates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, for every sport and everyone.
- **Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
- **Self Belief** - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.
- **Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

