

How to create your own fitness programme

During self-isolation lots of team sports have been cancelled. We have challenged you to choose a sport and create a weekly exercise programme that an athlete could practice independently to stay prepared for when their sport resumes. Think about which muscles or skills they need most. Remember for each exercise you should include how many repetitions you should do, and consider whether this should be repeated each day or will you vary the routine from day to day.

Warm up

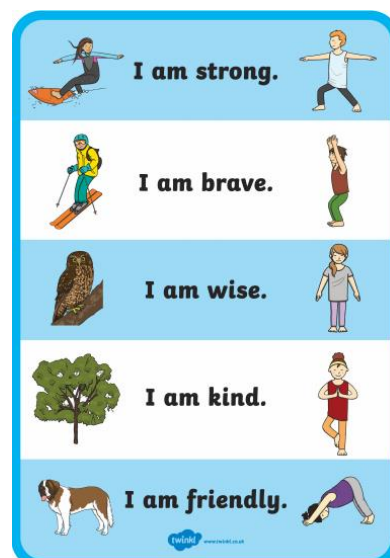
It is really important that we warm up our whole body before exercising. This will help to prevent injuries.

Joe Wicks has created some '5 minute move' videos for kids which could act as a great warm up. Or, you could create your own.

<https://www.youtube.com/watch?v=d3LPrhlov-w>

Stretching

It's important to stretch as part of a warm up and cool down. It is also quite nice to have a quick stretch if you've been sat down concentrating for too long. Why don't you try some of these poses?



Below we have included a range of exercises you could include in your fitness programmes. We can't wait to hear about the routines you come up with!

Jogging on the Spot

Jog on the spot and try your best to keep in the same place.



Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.



Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.

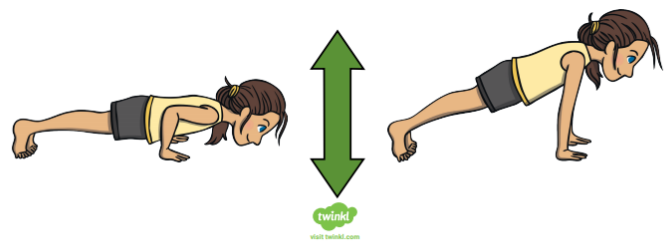


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These are just some ideas that we have come up with, use your own experiences (from PE lessons, school clubs and outside clubs etc) to extend these further. Think about what you can use in/around the home creatively e.g. use tins of baked beans as weights to do bicep curls. Why not take photos of you trying these out!

Press-Ups

You can put your knees on the floor to make the move easier.



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Take care when completing press ups and a plank. You should be keeping your back as straight as possible and squeezing your tummy tight.

High Knees

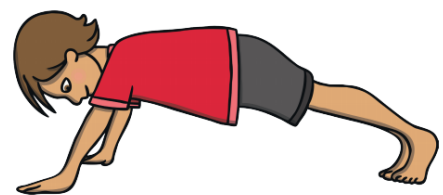
Raise each knee in front of you, one at a time, as high as you can. To make this more challenging, try to do this quicker.



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Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to. You can put your knees on the floor to make the move easier.



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Be creative! You can create your own moves. Exercise should be fun and exciting!

Don't forget to include a cool down!



Hamstrings stretch



Calf stretch



Hip and thigh stretch



Quadriceps stretch