



Wester Hailes



PE Department

Physical Education at Home

Keep Learning, Get Fit, Stay Motivated

Welcome to our Physical Education at Home workbook.

Being at home doesn't mean we have to stop all physical activity. Continuing with regular physical activity will not only improve your physical wellbeing, it will also improve your mental and emotional wellbeing.

Tasks set out in this workbook require very little equipment. Access to YouTube will be required to help with some of the tasks.

Why not get your family involved? Exercising with others other means you work harder and keeps you motivated – challenge each other!



Did you know: Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk exercise increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

Physical Education at Home – Please complete the tasks below.

Your task for the next 3 weeks will be to follow an online training programme. Each session will be led by Joe Wicks (The Body Coach), is free and requires no equipment. All sessions can be completed at home.

Task 1: Complete your initial testing. You have been given 5 exercises. Using a timer, perform each exercise for 1 minute. Try to complete as many repetitions as you can in 1 minute. Record your results in the table provided. Instructions for each exercise can be found later in the workbook.

Task 2: Follow the training programme provided. There are two sessions a week that last 20-30 minutes. Choose our beginner or advanced programme depending on your ability.

Task 3: At the end of each week, repeat the testing for the 5 exercises. Record your results in your own table. If you are following the programme, you should see some improvements. We ask you to email these results to the PE Department at the following email address:

holly.burns@whec.edinburgh.sch.uk

If you are unable to email your results, drop these into the school office by 12:25pm on Friday and ask the office staff to place these in Miss Burns' pigeon hole.

Each week we will be posting the top 3 pupil results. To check if you feature on our pupil podiums, make sure you follow our social media accounts on:



Twitter: @WHECHWB



Instagram: whec_hwb



PRESS-UP

TECHNIQUE

Back straight, hips not lifted or sagging.

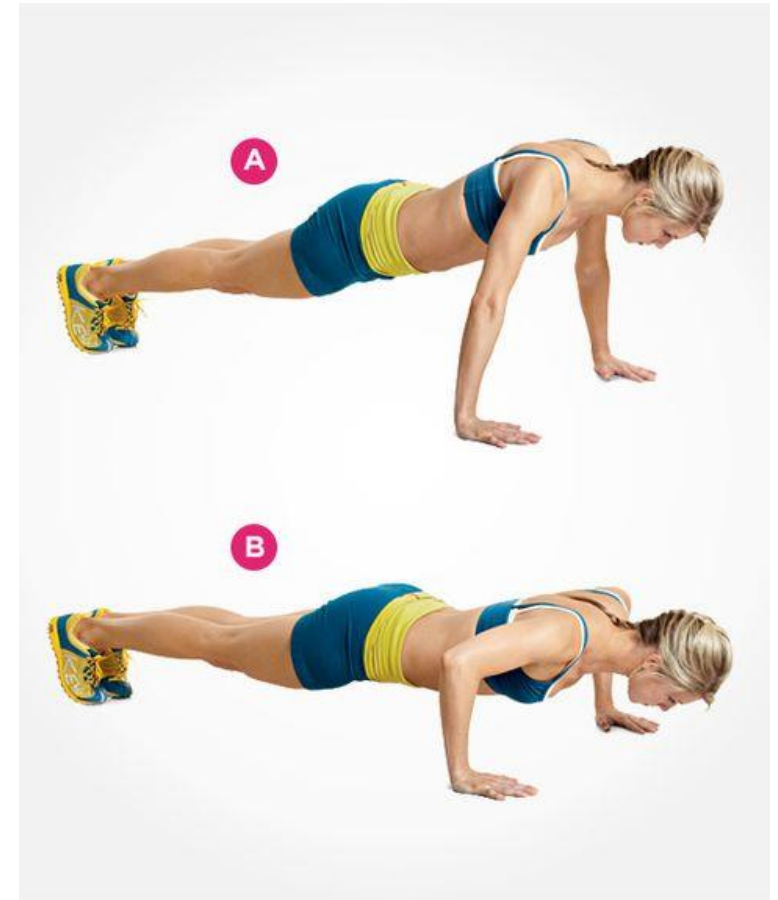
Keep your toes & heels together.

Hands at chest level, wider than shoulder width apart.

Eyes looking at the ground 3 feet in front of your head.

Go down until your chest is 1 inch off the ground.

Beginner push-up **rhythm** = down SLOW, up FAST.



BURPEES

TECHNIQUE

Start from a standing position.

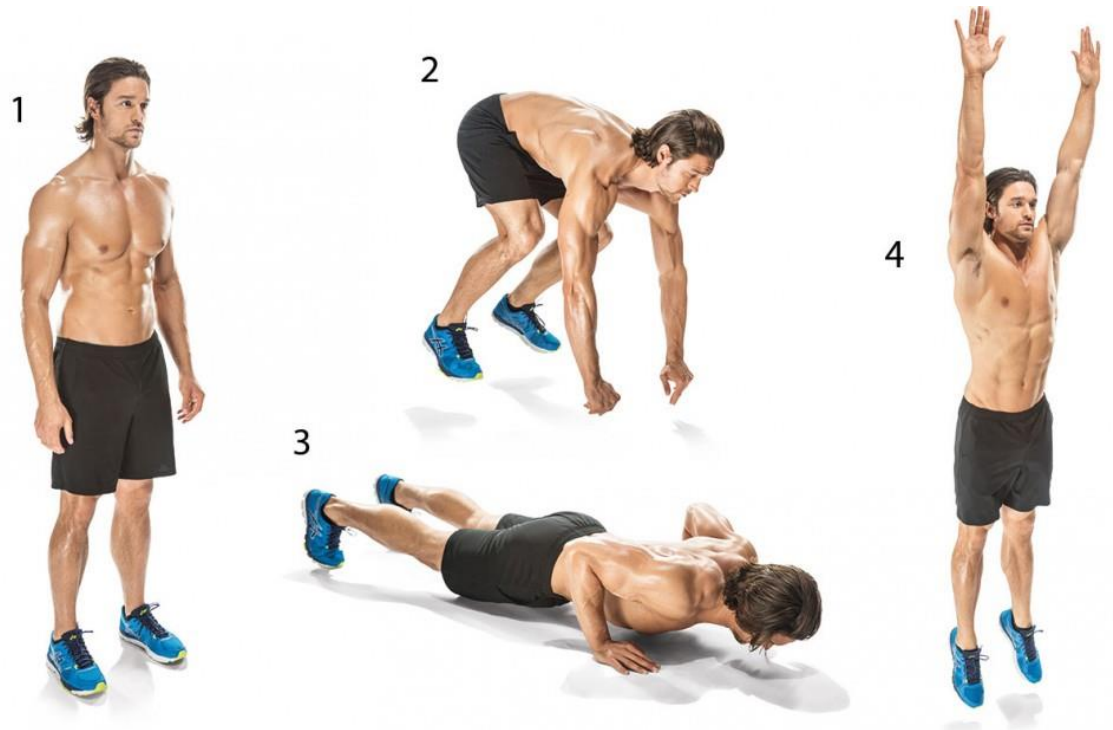
Squat down and place your hands on the floor in front of you.

Quickly kick both feet out behind you so you are in a press-up position

Do one Press-up.

Bring your legs forward to go into a squatting position.

Jump up.



TRICEPS DIPS

TECHNIQUE

Your hands should be shoulder-width apart on the surface you are dipping from, with your arms straight.

Start the move by bending your elbows. Dip down until your arms are at a 90-degree angle.

Extend your arms back to the starting position.



FRONT LUNGES

TECHNIQUE

Stand with your feet together, hands down and relax.

Step forward with your right leg into a lunge, slowly transferring your body weight onto your right (or front) foot.

With your back straight, continue lowering your body to a comfortable position.

Firmly push off with your front leg to return to start.

Repeat on left leg



SQUATS

TECHNIQUE

Set your feet shoulder-width apart, toes slightly turned out.

Slowly bend at the knees and drop your hips to lower your body until knees are at 90 degrees.

At the bottom of the exercise pause for a moment and strongly push back up to the starting position.



Personal Development Programme

Improving performance does not just happen on its own. To make progress, you must carry out a personal development programme (PDP)

As you will notice from the following training programmes, sessions will get progressively more challenging. This is to ensure your fitness levels continue to improve. Keeping sessions at the same level will only help you make progress to a certain level.

Select our beginner or advanced PDP depending on your ability. Complete two sessions a week on days of your choice. Type the names of each session into YouTube to find your workout.

It is important that you add in rest days between sessions to get the most out of each session. You may add sessions into the week if you are wanting to challenge yourself. Make sure you complete a warm-up (simple movements and stretches) before each session and make sure you hydrate before, during and after the session.



Beginners

Week 1	Joe Wicks HIIT Home Workout for beginners + 5 Minute Abs The Body Coach	Joe Wicks HIIT Home Workout for beginners + 5 Minute Abs The Body Coach
Week 2	15 Minute Tabata-style HIIT The Body Coach + 5 Minute Abs The Body Coach	15 Minute Tabata-style HIIT The Body Coach + 5 Minute Abs The Body Coach
Week 3	15 Minutes 15 Exercises HIIT Workout The Body Coach Joe Wicks + 6 Minute Abs The Body Coach	15 Minutes 15 Exercises HIIT Workout The Body Coach Joe Wicks + 6 Minute Abs The Body Coach

Advanced

Week 1	20 Minute Intense Fat Burner Home HIIT The Body Coach + 8 Minute Abs Workout The Body Coach	20 Minute Intense Fat Burner Home HIIT The Body Coach + 8 Minute Abs Workout The Body Coach
Week 2	Full Body Fat Burning Workout 20 Minutes 20 Exercises The Body Coach + 10 Minute Abs Blaster The Body Coach	Full Body Fat Burning Workout 20 Minutes 20 Exercises The Body Coach + 10 Minute Abs Blaster The Body Coach
Week 3	15 MINUTE ADVANCED HIIT WORKOUT The Body Coach + 12 Minute Intense Cardio, Abs & Core Workout The Body Coach	15 MINUTE ADVANCED HIIT WORKOUT The Body Coach + 12 Minute Intense Cardio, Abs & Core Workout The Body Coach