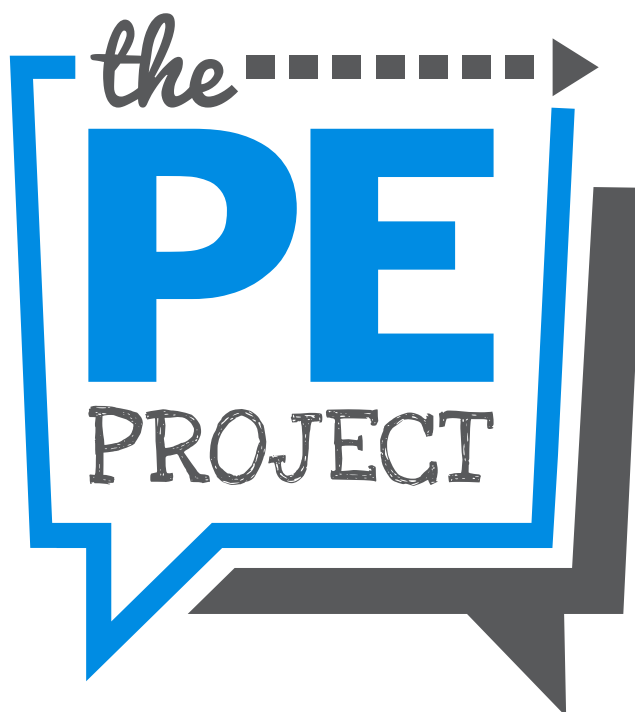
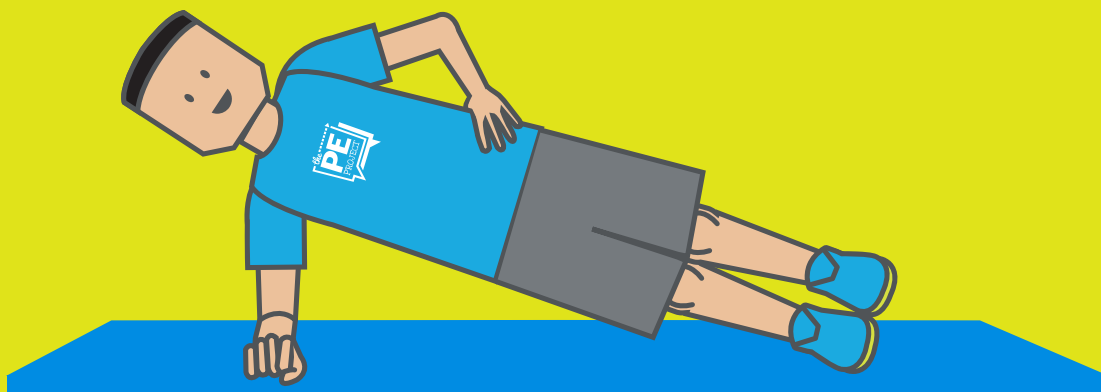


**ISAMPLE  
PACK!**



# **THE FULL FITNESS PACK**





## HELLO from the PE Project!

This is a sample of our Full Fitness pack which can be downloaded from our store. This pack was developed by highly-qualified and experienced PE teachers for specialists and non-specialists alike who want to deliver fun, engaging Fitness Lessons where students can make exceptional progress.

In the Full Fitness Pack by the PE Project you will find:

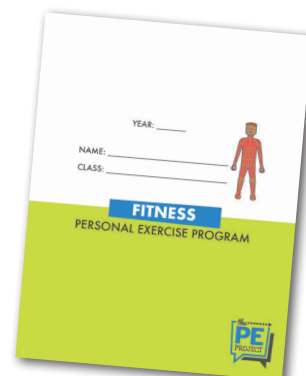
- Lots of Fitness activities and games
- Exercise Cards
- Fitness Test Cards & Normative Data
- Lesson Plans
- Personal Exercise Program (for students to fill out)
- Non-doer sheets
- Plus lots of additional extras like questions, teaching recommendations, differentiation strategies.

We hope this **SAMPLE** pack will give you a small taste of what's in store in the Full Fitness Pack by the PE Project!

### Teaching points

Indicators for age group most appropriate for;

- Middle-school
- High school





## Activity: PARTNER CIRCUIT



10-30 mins



### Equipment:

Benches, exercise mats



### Space:

Gymnasium or large open space



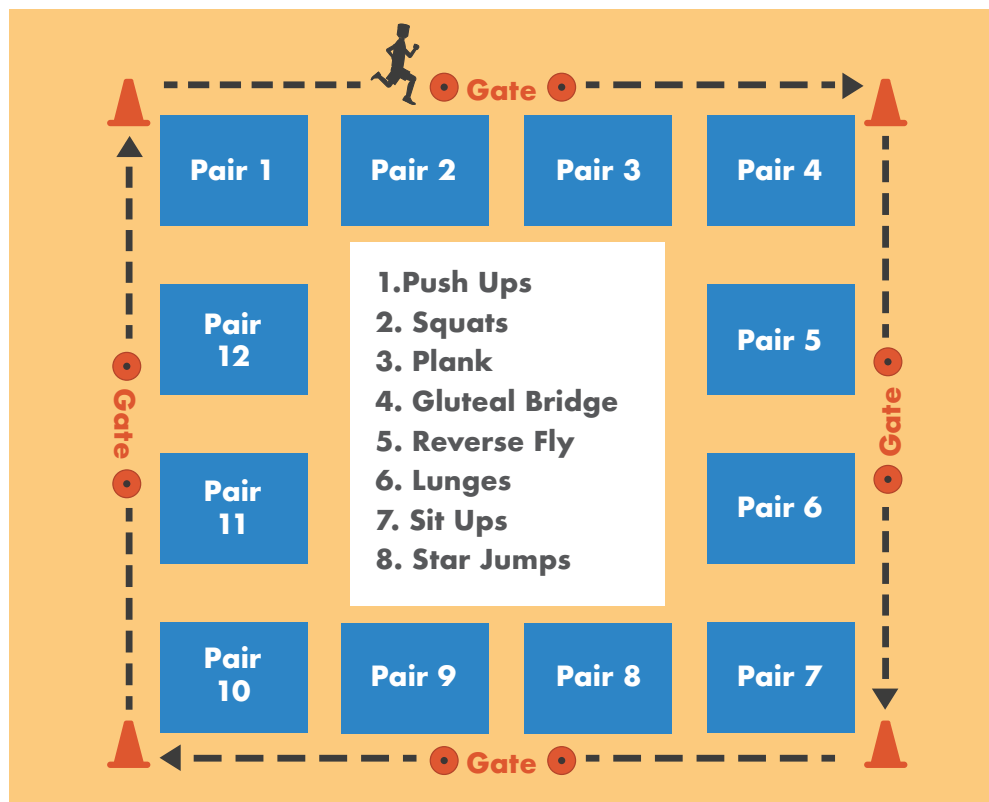
+ Students to design their own exercise order



+ Students perform more laps

- Students perform less laps

- Students include recovery periods (10-30s)



**Description:** For the track - set up four cones around the corners of the gym, and two small cones on each side of the area to represent gates. For the stations – set up mats inside of the track (one mat per pair). Provide pupils with an order of exercises which they have to complete (8-12 exercises). Pupils take it in turns to perform the exercise while their partner completes laps of the gym (1-3 laps recommended) – runners must enter and exit the exercise area via the nearest gate. There are no specified number of reps for the exercises on the mats, as pupils must continue that exercise until their partner has completed their laps. For example, 1 performs Push ups, whilst 2 runs laps; then 2 performs Push ups, whilst 1 runs laps; 1 performs Squats, whilst 2 runs laps etc. If pupils complete all the designated exercises before the time expires, they start back at the first exercise and continue. **Groupings:** 2's

### Teaching points

- Keep a smooth and controlled movement
- Maintain a neutral spine
- Breathe regularly
- Avoid locking joints
- Work at your own level

### Questions



- What are the main teaching points for the Squat?
- Which exercise was the hardest to perform?
- Why do you think we should avoid locking our joints when exercising?
- Compare and comment on your own and partner's technique. What were your strengths and weaknesses?



## Activity: AMRAP



8-15 mins



### Equipment:

Benches, exercise mats,  
Cones, Skipping rope



### Space:

Exercise mat size  
per pair

**Description:** Students work individually or in pairs with a mat each. Pupils can either plan a sequence of exercises (approximately 5-12) or the teacher can provide them with one. The aim of this workout is to complete As Many Rounds As Possible (AMRAP) within a designated time period e.g., 8-15 mins. This workout can be performed with minimal equipment and space and optimizes use of time. **Groupings:** Individual/pairs

### Full-Body AMRAP

1. Push-Ups x10
2. Star Jumps x20
3. Sit Ups x15
4. Squats x20
5. Plank x15 (exhales)
6. Speed Bounce x20
7. Mountain Climbers x30

### Core Workout AMRAP

1. Plank x15 (exhales)
2. Gluteal Bridge x20
3. Sit-ups x15
4. Back Extensions x20
5. Side Plank x15 (exhales)
6. Bird dog x20
7. Mountain Climbers x30

### Cardiovascular AMRAP

1. Star Jumps x 20
2. Agility Ladder x5
3. Skipping x50
4. Scissor Hops x20
5. Shuttle Runs x5
6. Speed Bounce x20
7. Mountain Climbers x20



+ Students to  
design their own  
exercise order

+ Students perform  
more reps/rounds

- Students perform  
less reps/rounds

- Students include  
recovery periods  
(10-30s)

### Teaching points

- Keep a smooth and controlled movement
- Maintain a neutral spine
- Breathe regularly
- Avoid locking joints

### Questions

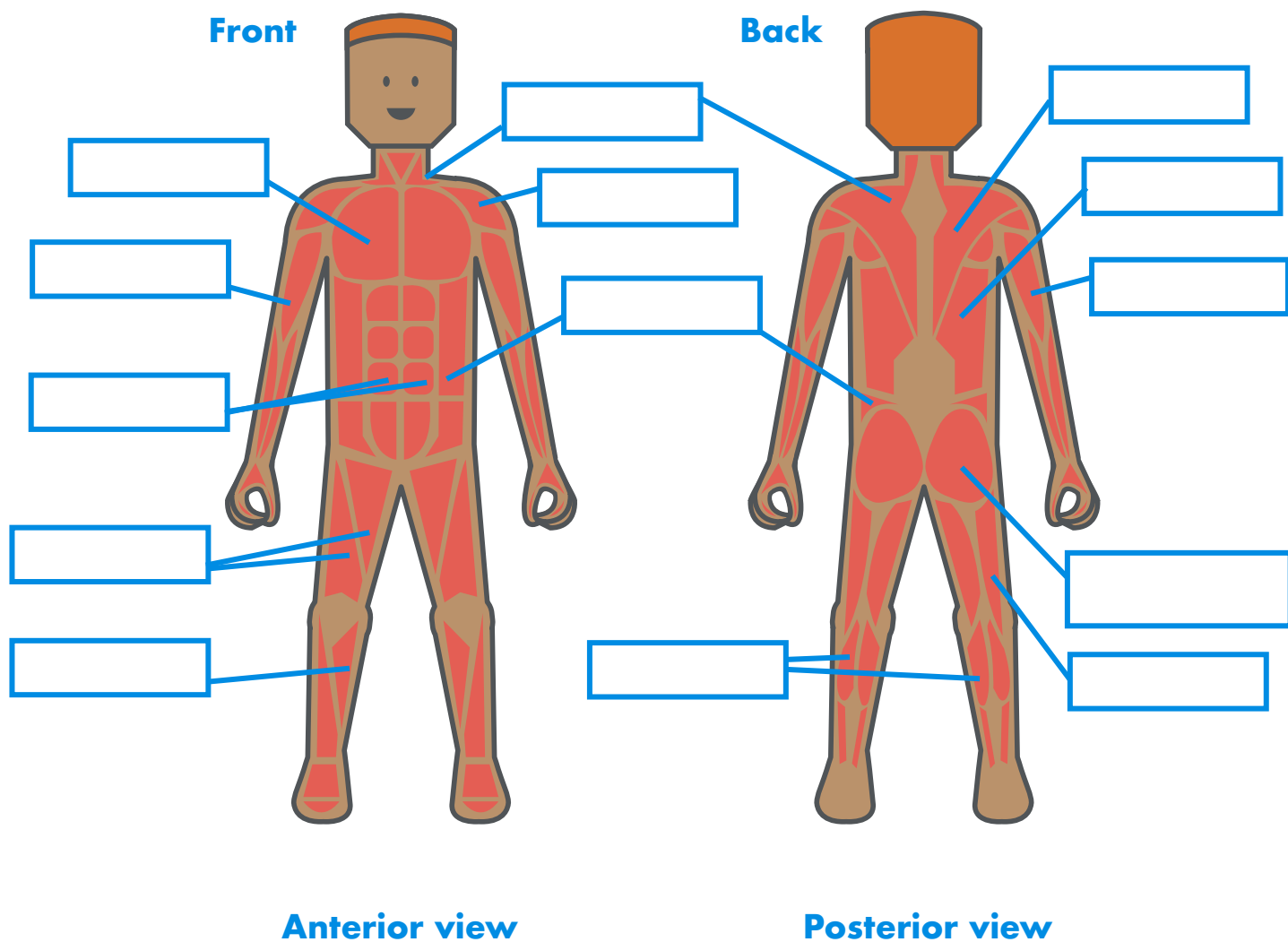


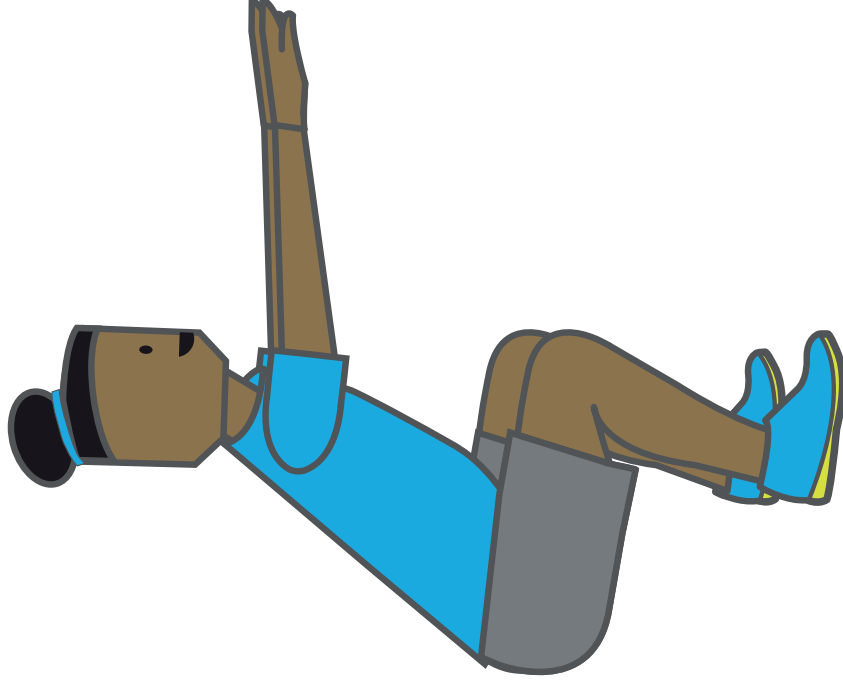
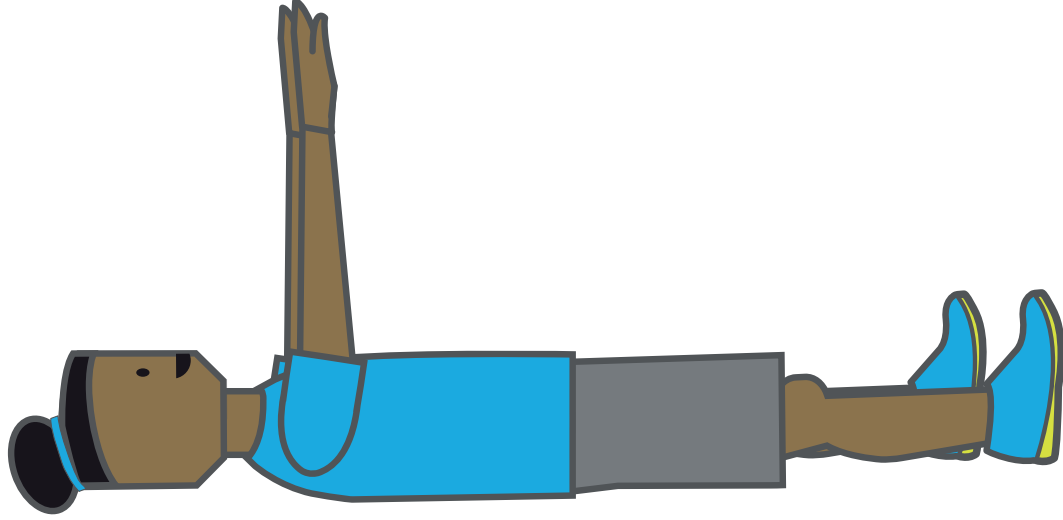
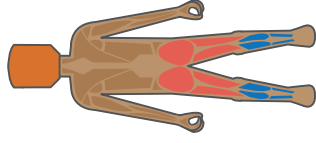
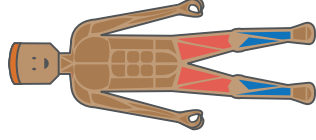
- What does AMRAP stand for?
- What do you think are the benefits of this type of training?
- What kind of people is this training most suitable for? Unsuitable?
- Compare and comment on your own and partner's effort. Which exercises do you find difficult? Which ones were you able to recover during?



## Knowledge of Muscles

Label the muscles of the body





## Coaching Points

- Feet shoulder-width apart
  - Point feet straight forward or slightly angled.
- Look straight ahead and maintain a neutral spine
- Lower body by bending knees to at least 90° and pushing hips back and down
- Extend knees and hips to return to the start position
  - Maintain a smooth, controlled movement

30+ REPS

20 REPS

10 REPS





**Aim:** To throw and catch the ball against the wall, alternating hands as many times as possible in 30 seconds.



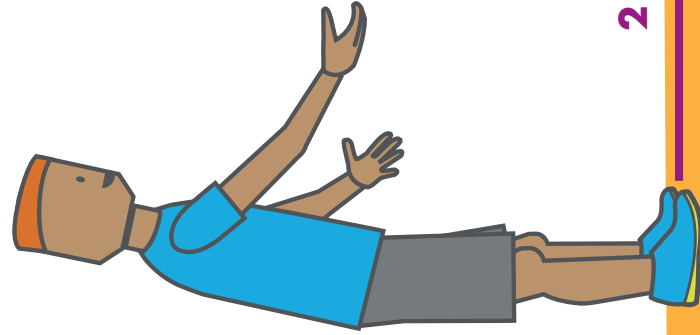
### Equipment:

- Tennis Ball
- Stopwatch
- Assistant
- Metre Rule



### Space:

- Smooth Wall



**2 metres**

## How to conduct the test

**Step 1:** The athlete stands two-meters away from the wall with a tennis ball in hand. A partner stands nearby with a stopwatch.

**Step 2:** On the command "Go!" the stopwatch starts, and the athlete begins throwing and catching the ball against the wall, alternating hands.

**Step 3:** The athlete and the assistant both count the number of successful catches made in 30 seconds and records the score.

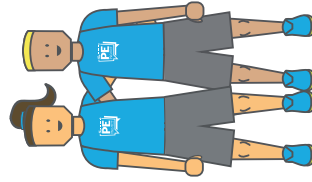


# Skill: HAND EYE COORDINATION

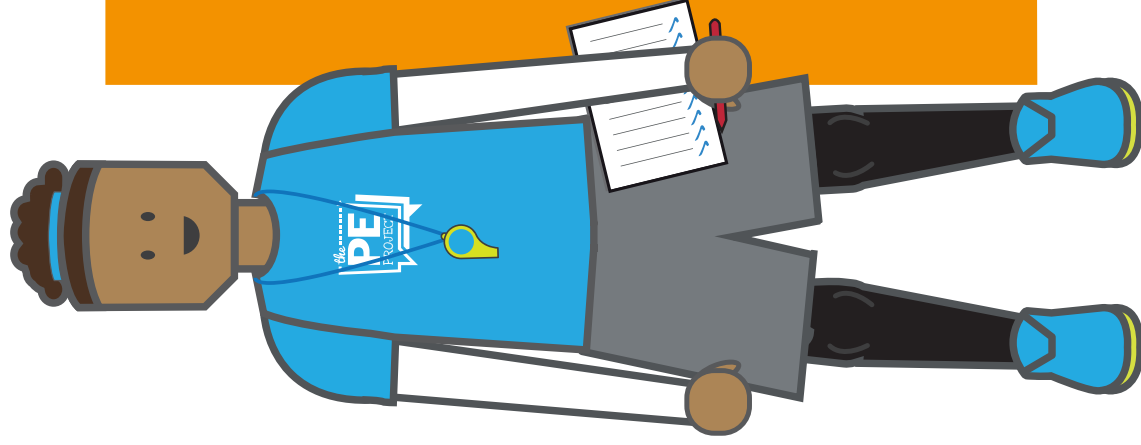
## FITNESS TEST CARDS

### NORMATIVE DATA: HAND EYE COORDINATION

	AGE					
	8-9	10-11	12-13	14-15	16-19	
EXCELLENT 😊	>12	>17	>23	>30	>35	
ABOVE AVERAGE 😊	8 - 11	13 - 17	19 - 23	25 - 30	30 - 35	
AVERAGE 😊	6 - 7	8 - 12	14 - 18	20 - 24	25 - 29	
BELOW AVERAGE 😐	3 - 5	3 - 7	10 - 14	15 - 19	20 - 24	
POOR 😞	>3	>3	>6	>15	>20	







**F**

**Frequency** - how often you train  
(3-4 x week).

**I**

**Intensity** - how hard you train  
(% of MHR, % 1RM)

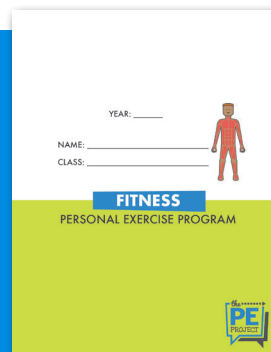
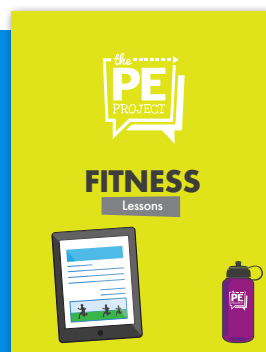
**T**

**Time** - decide for how long you train  
(30-60mins).

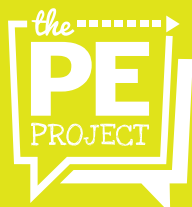
**T**

**Type** - decide which methods of training  
to use (Continuous, Resistance, Circuit,  
Interval, Fartlek).

# Check out all the different sections in the full pack



## DOWNLOAD TODAY!



The PE Project®  
Fitness Pack 2019