

Curriculum Plan	Subject	Physical Education - Core lessons	Year	All years
<p><b>How to use these</b> – rather than doing your exercise in a block on one day try and do a small amount as shown each day. If there is an activity you don't like or can't do you can swap it for another. Make sure that whatever you do it is PROGRESSIVE - this means that the amount you do goes up steadily as you get better at them - don't start off too hard. Whichever day you start to use them begin with the first day.</p> <p><b>Safety</b> – you all know how to warm up and stretch properly - you should still do this. Make sure that the space you are using is safe and that you are wearing appropriate clothing and footwear. PLEASE USE THE INDEX AT THE BOTTOM OF THE DOCUMENT TO SEE HOW TO PERFORM THE ACITIVITIES SAFELY; ALONG WITH SUGGESTIONS OF HOW TO MAKE THE ACITIVITIES EASIER OR MORE DIFFICULT!</p>				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	8 PLANK (30-60secs) BEAR CRAWLS x20	9 BURPEES x 15 MOUNTAIN CLIMBERS x20	10 AB CRUNCHES x20 SKIPPING (30-60 secs)
11 WALL SIT (30-60secs) STAR JUMPS x20	12 SIDE PLANK (30-60secs) STEP UPS x30	13 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	15 PLANK (30-60secs) BEAR CRAWLS x20	16 BURPEES x 15 MOUNTAIN CLIMBERS x20	17 AB CRUNCHES x20 SKIPPING (30-60 secs)
18 WALL SIT (30-60secs) STAR JUMPS x20	19 SIDE PLANK (30-60secs) STEP UPS x30	20 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	22 PLANK (30-60secs) BEAR CRAWLS x20	23 BURPEES x 15 MOUNTAIN CLIMBERS x20	24 AB CRUNCHES x20 SKIPPING (30-60 secs)
25 WALL SIT (30-60secs) STAR JUMPS x20	26 SIDE PLANK 30-60SEC STEP UPS X30	27 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	29 PLANK (30-60secs) BEAR CRAWLS x20	30 BURPEES x 15 MOUNTAIN CLIMBERS x20	31 AB CRUNCHES x20 SKIPPING (30-60 secs)
					<b>JANUARY</b>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WALL SIT 30SEC-60SEC STAR JUMPS X20	2 SIDE PLANK 30-60SEC STEP UPS X30	3 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	5 PLANK (30-60secs) BEAR CRAWLS x20	6 BURPEES x 15 MOUNTAIN CLIMBERS x20	7 AB CRUNCHES x20 SKIPPING (30-60 secs)
8 WALL SIT 30SEC-60SEC STAR JUMPS X20	9 SIDE PLANK 30-60SEC STEP UPS X30	10 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	12 PLANK (30-60secs) BEAR CRAWLS x20	12 BURPEES x 15 MOUNTAIN CLIMBERS x20	13 AB CRUNCHES x20 SKIPPING (30-60 secs)
14 HALF-TERM	15 HALF-TERM	16 HALF-TERM	17 HALF-TERM	18 HALF-TERM	19 HALF-TERM	20 HALF-TERM
21 WALL SIT 30SEC-60SEC STAR JUMPS X20	22 SIDE PLANK 30-60SEC STEP UPS X30	23 SQUATS 3X10 LUNGES 3X10	FOOTBALL SKILL MASTERY <a href="https://www.bcsoccer.net/skill-development-activities">https://www.bcsoccer.net/skill-development-activities</a> OR NETBALL DRILLS <a href="https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home">https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home</a>	25 PLANK (30-60secs) BEAR CRAWLS x20	26 BURPEES x 15 MOUNTAIN CLIMBERS x20	27 AB CRUNCHES x20 SKIPPING (30-60 secs)
28 WALL SIT 30SEC-60SEC STAR JUMPS X20					<b>FEBRUARY</b>	

### **Fitness Activities- What to do!**

Please use the diagrams below to help you with the techniques. As the weeks go by try and increase the number of repetitions or how long you do the activities for.

Quadriceps

Gluteus Maximus

# Squats

### Key Points

- Neutral head position
- Straight back.
- Hips parallel or below!
- Knees behind toes.
- Weight on heels.

### Progression!

**Jump Squats!**  
Squat with your partner on your back!



Quadriceps

Gluteus Maximus

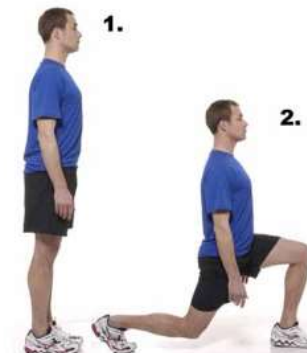
# Lunges

### Key Points

- Keep back straight.
- Shoulders back.
- Head facing forward.
- Step forward with one leg.
- Bend back leg to 90 degrees.

### Progression!

Alternate Jump Lunges!



Abdominals

Lower Back

# Plank

### Key Points

- Lay on your front and place your forearms and palms flat on the floor.
- Lift your chest, stomach and legs off the floor and maintain balance on forearms and toes.
- Keep a straight, flat back.

**No. 1 = Easy**  
**No. 2 = Hard**  
**No. 3 = Insane!**



Triceps

Pectorals

# Tricep Dips

### Key Points

- Place hands on bench with fingers facing forwards.
- Straighten legs so only heels are touching the floor.
- Bend elbows to lower buttocks to the floor.
- Push back up so elbows are straight.

**No. 1 = Easy**  
**No. 2 = Hard**  
**No. 3 = Insane!**



Triceps

Pectorals

## Press Ups

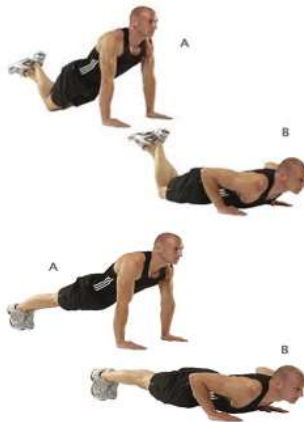
### Key Points

- Head facing forward.
- Straight back.
- Bend elbows and lower chest to the floor.
- Push back up to starting position.

**Easy:** Start from knees.

**Harder:** Start from feet.

**Insane:** Press up with front clap!



Full Body

Cardiovascular  
Fitness

## Burpees

### Key Points

- Squat down.
- Kick feet back.
- Chest to floor.
- Return to squat position.
- Jump!

**Progression!**  
Add a press up!  
Do this on a crash mat!



Whole Body  
Exercise

Muscular  
Endurance

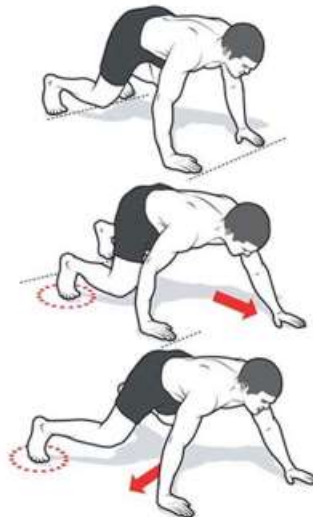
## 'Bear' Crawls

### Key Points

- Head facing forwards at all times.
- Straight back at all times.
- Crawl forwards, opposite hand to opposite leg.

### Progression!

Add a press up on each movement!



Cardiovascular  
Fitness

Muscular  
Endurance

## Mountain Climbers

### Key Points

- Begin in the press up position.
- Straight back at all times.
- Drive knee to the chest (one leg at a time).
- This can be performed with hands on a bench.

### Progressions!

- 1) Single leg out to the side.
- 2) Rotate single leg in a circular motion (then swop!)





Abdominals

Hip Flexors

## Ab Crunches

### Key Points

- Raise knees and fixate hips.
- Raise shoulders off the floor (only go half way!)
- Lower shoulders back to the floor and repeat!

### Progressions

- 1) Raise legs to 90 degrees whilst performing the sit up.
- 2) Place one leg across the other and add a twist in the sit up.



Cardiovascular  
Endurance

Muscular  
Endurance

## Skipping

### Key Points

- Hold the skipping rope by the handles.
- Start with your hands in front of your body but the rope behind your feet.
- Throw the rope over your head and jump just as the rope hits the floor.
- Try maintain a rhythm for this one!



Abdominals

Oblique's

## Side Plank

### Key Points

- Lay on your side and place forearm 90 degrees on the floor.
- Lift your upper body supported either by feet or knees.
- Keep body straight and stable.

- 1 = Easy
- 2 = Hard
- 3 = Insane

Further Progression!  
Twist free arm underneath the body!



Cardiovascular  
Endurance

Muscular  
Endurance

## Step Ups

### Key Points

- Head up and a straight back at all times.
- Step onto the bench (make sure both feet go on the bench).
- Then step off the bench one foot at a time.
- Do this as fast as you can!

Progressions!  
Have weights in each hand.  
Toe taps on the bench.



Cardiovascular  
Endurance

Muscular  
Endurance

## Wall Sit

### Key Points

- 90 angle at the knee.
- Feet shoulders width apart.
- Arms out in front of chest.
- Back straight against the wall.

