

Getting Fit for Physical Education at OIEA



Welcome!

- OIEA have designed a challenge for Year 6 students. This can be completed all together (10 exercises in one go) or split up as short activities during the 5 days of the week (2 a day).
- The following PowerPoint will provide you with a timetable of activities with video examples of how to complete each exercise.
- Students will have a chance to practice this exercise before completing them for a whole minute. Try to copy the technique shown as closely as possible.
- Pupils will record how many they have done on their record sheet and see how many stars they have earned for each exercise using the tables.
- The aim to compete against your class mates and achieve as many stars as possible for all 10 exercises.

Monday

Sit Ups - <https://www.youtube.com/watch?v=jaYch6U6Mkc>

Youtube search for “Workout Tutorial: Situps - Freeletics training tips”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
50+	41-49	31-40	21-30	20 or less
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Squats - <https://www.youtube.com/watch?v=3uTbBb1hkpc>

Youtube search for “Workout Tutorial: Squats - Freeletics training tips”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
40+	31-39	21-29	11-19	10 or less
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Tuesday

Star Jumps - <https://www.youtube.com/watch?v=sYxABbY6Qv4>

Youtube search for “Jumping Jacks | Freeletics”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
50+	41-49	31-40	21-30	20 or less
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Jumps - <https://www.youtube.com/watch?v=YodFN3K4H1Y&list=PLFscCIQlx9un3eZ2DMjJbifHAAa7rWEp1&index=4>

Youtube search for “Freeletics - jumps motivation”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
20+	17-19	14-16	11-13	10 or less
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Wednesday

Climbers - <https://www.youtube.com/watch?v=6vIH7KqyXuY>

Youtube search for “How to do Climbers - Freeletics Instructor Video”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
30+	25-29	20-24	11-19	Less than 10
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Plank – https://www.youtube.com/watch?v=l_uMNn8WBWk

Youtube search for “plank hold freeletics” – Have an on board stop watch ready for students to see when they drop out.

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
50+ seconds	40 - 49	30 - 39	20 - 29	Less than 20
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Thursday

Frogger - https://www.youtube.com/watch?v=5QuoxC28WZo&list=RDCMUCP9ZnRAk6PWpJkZrOlPYYdw&start_radio=1

Youtube search for “Froggers | Tutorial Tuesday”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
30+	25-29	20-24	11-19	Less than 10
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Push ups - <https://www.youtube.com/watch?v=hLbjdCJ5-2w>

Youtube search for “Workout Tutorial: Push-ups - Freeletics training tips”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
20+	16-20	11-15	5-10	Less than 5
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Friday

Burpees - <https://www.youtube.com/watch?v=k6rTuwsmqBc>

Youtube search for “Workout Tutorial: Burpees - Freeletics training tips”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
20+	15-19	11-14	5-10	Less than 5
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★

Leg Levers - <https://www.youtube.com/watch?v=Jo4K6ejffuA&list=PLFscClQlx9un3eZ2DMjJbifHAAa7rWEp1&index=9>

Youtube search for “How to do Leg Lever - Freeletics Instructor Video”

<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>	<u>Tier 4</u>	<u>Tier 5</u>
20+	31-39	21-29	11-19	10 or less
★ ★ ★ ★ ★	★ ★ ★ ★	★ ★ ★	★ ★	★