

Session Guide: A to Z Workout

Session Outline

Description

This session presents 26 physical exercises, each one assigned to a letter in the alphabet. Learners will get an opportunity to gain a sensible understanding of each exercise and then produce a short sequence of exercises that spell out a word for the group to carry out. It also aims to provide a comprehensive list of exercises that learners can do at home.

Session Objectives

The objectives of this session are to:

- Learn a wide range of exercises that can be carried out while maintaining social distancing.
- Carry out a series of exercises in a fun and engaging way.

Expected Outcomes

By the end of the session learners will have:

- Learned and understood how to carry out 26 different exercises.
- Created sequences of exercises for them and their peers to carry out.
- Practiced English skills by spelling words with exercises and figuring out what word other learners' exercises spell.

Areas involved

- Games and fitness
 - Running games
 - Aerobics
- Life skills
 - Daily Living Skills
- Language
 - Writing



Activity: The A to Z List

Objectives

To learn a wide range of exercises that can be done without resources and maintaining social distancing.

Expected Outcomes

Learners will have made a list of one exercise for each letter of the alphabet.

Teaching Instructions

Provide the list of exercises to the learners and allow them to take notes about them, keeping track of what letter corresponds to each exercise. Explain each one and let the learners try them out before moving on to the next one, correcting them if necessary. Below is a suggested list but this can be adjusted as needed.

A: Star Jumps (Start standing with your feet together and your arms on the side of your body. Hop and land with your feet spread apart from each other and your hands touching together over your head. Hop back to the starting position. Repeat.)

B: Star Pose (Stand with your legs straight, your feet parallel and as far from each other as possible, and your arms stretched straight out to the side of your body. Maintain this position.)

C: Knees up on the same place (Start jogging on the spot without moving forwards and try bringing your knees as high up as possible.)

D: Hop on your left foot

E: Hop on your right foot

F: Simplified bicycle crunch (Lie down on the floor with your back on the ground. Lift your legs and bend your knees. Keeping your feet pointing upwards, make a circular motion parallel to your body with each foot on opposite sides of the circle, as if you were riding a bicycle.)

G: Touch the floor and reach out to the sky (Start standing up. Keeping your legs straight (or bending your knees slightly if you need to), lean down to touch the tip of your toes and then stand back up and stretch your arms with your fingers pointing up as high as possible. Repeat.

H: Jump side to side (With both feet together jump to one side and then back to the original position. Repeat.)

I: Heels to thighs in the same place (Start jogging on the spot without moving forwards and try lifting your heels up with each step as much as possible until they touch the back of your thighs.)

J: Balance on your right foot

K: Balance on your left foot



- L: Heel raises (Start standing up with your feet next to each other. Slowly raise your heel until you are staging on your tip toes and then slowly bring your heels down. Repeat.)
- M: Side twists (Lie down on the floor with your back on the ground. Keeping your legs together, lift your feet so that your hips and knees make 90 degree angles. Twist your legs from side to side using your elbows for stability almost until your legs are on the ground and lift them back again before twisting them to the other side. Repeat.)
- N: From ground to jump (Lie down on the floor with your chest on the ground. Stand up and jump upwards before going back to the lying down position. Repeat.)
- O: Inchworms (Lie down with your arms stretched out, your hands on the ground balancing on the tip of your toes, keeping your back straight. Keeping your hands on the ground walk towards your hands lifting your hips and walk back to the initial position. Repeat.)
- P: Jump forwards and backwards (Stand with your feet together. Hop forwards a comfortable distance and jump back to the original position. Repeat.)
- Q: Jump from side to side (Stand with your feet together. Hop to the right a comfortable distance and jump to the left to the original position. Repeat.)
- R: Boat pose (Sit down on the floor with your legs straight together. Lift your legs and hold them with your hand on your thighs or the back of your knees, making a V shape with your legs and your upper body. Maintain this position.)
- S: Side lunges (Stand up with your feet double shoulder length apart from each other. Bend one knee forwards keeping the other one straight. Maintain this position for 10 seconds. Go back to the original position and repeat with the other leg.)
- T: Basic plank (Lie down your arms stretched out, your hands on the ground balancing on the tip of your toes. Maintain this position.)
- U: Giant steps (Walk forwards taking 5 steps as long as you can. Turn round and take 5 steps back to the original position. Repeat.)
- V: Downward facing dog pose (Lie on the floor with your chest to the ground with your hands under your shoulders. Lift your body until your arms are fully stretched. Lift your hips keeping both arms and legs straight, forming a reverse V shape. Maintain this position.)
- W: Chair pose (Stand up with your feet together. Bend your knees slightly and lower your hips as if you were sitting on a chair, balancing by moving your chest forwards slightly. Stretch your arms so that they form a straight line with your body. Maintain this position.)
- X: Big toe pose (Stand up with your feet together. Try to reach as far down your legs with your hands as you can, keeping your legs straight. Maintain this position.)
- Y: Seated forward bend (Sit down on the floor with your legs stretcher together in front of you. Try to touch your toes with your hands, lowering your chest towards your legs. Maintain this position.)
- Z: Bridge pose (Lie down on the floor with your back on the ground, with your knees bent upwards and both feet together flat on the ground. Raise your hips so that your chest and legs up to your knees make a straight line. Stretch your arms on the floor to help you balance. Maintain this position.)



Suggested Guidelines

- If you can provide the learners with the instructions for each exercise in advance for them to have as reference or to prepare for this session it would be ideal and you will have more time for the game below.
- Emphasise the idea that this is an activity learners can repeat at home with their families to help others stay active and healthy.

Activity: Spelling a Workout Game

Objectives

To carry out a range of exercises. To be able to recognise the different exercises learned and complete them accurately and effectively.

Expected Outcomes

Learners will have created words that spell out a set of exercises for the group to carry out. Learners will have recognised words spelled out by exercise routines.

Teaching Instructions

One at a time, learners should choose a word at least 5 letters long. They would then lead the relevant exercises that spell out their word for everyone to carry out simultaneously, without revealing the letter or the name of the exercise, spending 20-30 seconds on each letter/exercise. Afterwards, learners should rest while they try to figure out what the chosen word was.

