

# Session Guide: Fitness Routine

## Session Outline

### Description

In this session learners will engage in four different activities that aim to exercise their core muscles in an engaging and challenging way. It is a comprehensive but not necessarily complete set of activities so they should not be seen as a complete fitness programme and it is recommended that it's complemented externally in other ways. It aims to present opportunities for learners to carry out similar style exercises on a regular basis so that they can set themselves realistic goals and keep track of progress. Learners will have a warm up activity, followed by 4 fixed stations with defined exercises, and finish with a cool down and stretching activity.

NOTE: This is the same fitness routine presented in Day 3. The objective is to repeat the same fitness routine once a week and allow learners to keep track of their progress and assess their achievements. The warm up and cool down could be changed every week if desired.

### Session Objectives

The objectives of this session are to:

- Improve their fitness level through rigorous exercises.
- Be aware of the importance of exercising regularly.
- Learn how to set realistic goals and self-assess their progress.

### Expected Outcomes

By the end of the session students will have:

- Carried out a comprehensive exercise routine.
- Set goals.
- Recorded their achievements.
- Learned basic exercises that they can carry out in an independent manner as well as within the session.

### Areas involved

- Games and fitness



- Running games
- Athletics
- Aerobic
- Life Skills
  - Self-esteem
  - Goal setting
  - Daily Living Skills
- Environment
  - Physical Exercise and Safety

## Activity: Warm Up - The Hopping Game

### Objectives

- To ensure that learners warm up before starting an exercise routine.

### Expected Outcomes

- Learners will have warmed up in preparation for their exercises.
- Learners will have enjoyed a fun physical game focusing on self-improvement.

### Teaching Instructions

- Place learners on a straight line enough distance apart from each other to maintain social distancing. Starting with both feet together next to each other they need to hop as far as they can landing standing up and not taking any extra steps. Comment on how far they reached. Give a hint on how they achieve more distance: “crouch down bending your knees and swing your arms to try to help gain more distance”. Repeat a few times and let learners try to find a technique that works for them.
- Repeat a few times the activity but now learners have to hop twice, trying to achieve the longest possible total distance without falling.
- Move on to five hops and after comparing longest distances learners have to sprint back to the initial position.

### Suggested Guidelines

- Suggested time: 5 minutes.
- Be encouraging with lengths of hops and try to congratulate all learners with their efforts.
- Make sure you emphasise that it's better to be safe than sorry, a slightly shorter jump with a safe landing is better than a long jump with a fall!



- Don't over-encourage competition to keep the activity safe, focus on self improvement rather than comparing with each other.

## Student Instructions

- Stand on a straight line with sufficient space in front of you, making sure you are far enough from each other while maintaining social distancing. Put both feet together next to each other. You will need to hop forwards as far as you can making sure that you land on your feet without taking any more steps. See how far you managed to get.
- Repeat the hop a few times trying to get a technique that works best for you. See if you can improve from each attempt to the next.
- After you have a technique that works for you, try adding a second hop from where you land. See how far you can get with two hops. Repeat this a few times trying to improve in each attempt.
- Once you reach a distance you think is good enough for you, try taking 5 hops to see how far you can get, and sprint back to your starting point. Take a few seconds to rest and try again.

## Activity: 4 Station Rotation

### Objectives

To carry out a comprehensive physical exercise routine.

### Expected Outcomes

Learners will have completed 4 different exercises.

Learners will have kept records of their achievements for progress tracking.

### Teaching Instructions/Student Instructions

There will be 4 different exercise types. Split the group into 4 smaller groups and explain the activity in each station:

- Sprints station: Put two markers on the ground, approximately 10 metres apart from each other. Learners will have 10 minutes to sprint from one marker to the other and back continuously, counting how many sprints they manage. They can take it as easy as they need, or even walk if they need to do so, but should not stop within the 10 minutes. Before starting, they should set themselves what they think is an achievable target and reflect on how ambitious they were when they finish.



- Situps: Learners will carry out traditional situps (Lie down with your back on the ground, lift your knees and put your feet flat on the ground. Lift your upper body until you can touch both ankles and then slowly lie back down). Learners will have 5 minutes to do sets of situps, deciding how many to do at the start of each set, giving themselves targets. They should keep an overall count of the total number of situps and the longest set they managed.
- Laps: Set a course for learners to jog around for 10 minutes. It could be anything that is locally available and long enough to allow learners to maintain social distancing. Learners should estimate the number of laps they think they can achieve, keep count, and reflect on how ambitious their assessment was when they finish.
- Pushups: Learners will carry out traditional pushups (Lie down with your chest and the tip of your feet on the ground. Place your hands under your shoulders or slightly wider apart. Keeping your back straight, lift your body until your arms are fully stretched, wait one second and lower your body back to the ground). Learners will have 5 minutes to do sets of pushups, deciding how many to do at the start of each set, giving themselves targets. They should keep an overall count of the total number of pushups and the longest set they managed.

Each group will rotate round the four stations, taking 10 minutes on each, using the 5 spare minutes in the situps and pushups sessions to rest.

## Suggested Guidelines

- Suggested time: 10 minutes per station.
- Make sure that learners stay a safe distance apart from each other.
- Emphasise that learners should take it easy if they need to; it should be challenging but they should not over-exert themselves.
- This session will be repeated in similar forms weekly. Encourage students to keep track of their achievements so that they can measure their progress.

## Activity: Cool Down and Stretches

### Objectives

- To ensure that learners cool down and stretch at the end of their physical activity.

### Expected Outcomes

- Learners will have safely cooled down and stretched after their exercise session.



## Teaching Instructions/Student Instructions

Lead comprehensive stretching routine for 5-10 minutes ensuring you state the importance of stretching and cooling down after exercising. You can use any combination of stretches or you can find plenty of cooldown stretching routines online. Some examples are below.

- <https://www.youtube.com/watch?v=IVt1KqKcYZk>
- <https://www.youtube.com/watch?v=u5Hr3rNUZ24>
- [https://www.youtube.com/watch?v=Ufmhww\\_7XNo](https://www.youtube.com/watch?v=Ufmhww_7XNo)
- <https://www.youtube.com/watch?v=t9NInqDhGv4>

