



Year 10 HRF: Lesson 3 – Individual fitness

Big Question

How do your individual fitness needs change the exercises and exercise programme you are completing?

Warm Up

<p>Notes</p> <p>Complete 1-2 sets of the warm-up circuit</p>	<p>1a Jog on the Spot 1 min</p>  <p>Easy light aerobic activity.</p>	<p>1d Arm Swings 8-10</p>  <p>For each exercise swing arms in a controlled manner.</p>	<p>1e Hip Circles 10/Leg</p>  <p>Lift leg to the side and place the foot to the ground when the knee is in front of the body.</p>
<p>1b Jumping Jacks 20-30</p>  <p>Jump in the air, spread feet and swing arms out, then back to the start position.</p>	<p>1c Hip Movement 5-8 /Leg</p>  <p>Perform each movement variation 5-8 times. Hold for 2 sec. Stand tall.</p>	<p>1f Downward Dog Exchange 5-8</p>  <p>From a plank position, lift hips to the ceiling, pressing palms and heels to the ground.</p>	<p>1g Plank Lunge Exchange 6-8/Leg</p>  <p>From a plank position, place foot under the shoulder, alternating with each rep.</p>

Fitness testing

What are the individual needs which mean fitness sessions vary from person to person?

How can any of these individual needs/barriers be overcome?

Read the below on Individual needs, can you think of any other differences/needs that people may have? How can these be overcome and training adapted for them?

<https://www.bbc.co.uk/bitesize/guides/zxhxnbk/revision/1>



Activity 1 – Main activity- Complete 2-3 sets with 15-30 seconds rest in between.

<p>1a Prisoner Squat 8-12 Tempo 2:0:2</p>  <p>Feet positioned shoulder width apart. Weight on the heels of the foot.</p>	<p>1b Box or Knee Push-Up 10-12</p>  <p>Modify the push-up to complete 10-12 reps.</p>		
<p>1c Alternating Lunge 6-8/leg</p>  <p>Step forward to a lunge position and step back to the start. Alternate legs for 6-8 reps.</p>	<p>1d Bent Over Y 5 X 6 sec hold</p>  <p>Flex at the hips with knees slightly bent. Lift arms and hold for 6 sec.</p>	<p>1e Jumping Jacks 20-30</p>  <p>Jump in the air, spread feet and swing arms out, then back to the start position.</p>	<p>1f Bird Dog 3 X 5-8 sec/side</p>  <p>Lift leg and opposite arm simultaneously. Keep body in-line. Alternate sides.</p>



Activity 2 – Cool down. Jog on the spot for 1 minute, complete each stretch for 20-30 seconds.

<p>1a Stretch to the Sky</p> <p>Stretch to the sky.</p>	<p>1b Pec Stretch</p> <p>Perform all stretches.</p>	<p>1c Pike</p> <p>Maintain neutral spine and flex forward.</p>	<p>1f Hamstring</p> <p>Maintain neutral spine and flex forward.</p>
<p>1c Hip Flexor</p> <p>Step forward slightly with the right leg. Raise the left arm to the sky to intensely stretch.</p>	<p>1d Quad Stretch</p> <p>Stand tall and bring heel to butt.</p>	<p>1g Hamstring</p> <p>Pull knee towards chest. Switch legs.</p>	<p>1h Groin Stretch</p> <p>Place the bottoms of the feet together and pull heels towards the body.</p>

Activity 3 – Plenary

Look at your heart rate after you had completed the session, was it within your target zone? Why do you think it was/was not? If it wasn't what could you do next time to make sure you are within your target zone?

Follow it up

Refer back to the above website and read through the other principles of training and complete the principles of training quiz (click on the tab on the website).

Get inspired

Have a look at YouTube and see what fitness sessions you can find that are suitable to conduct at home.