

BE ACTIVE, BE HEALTHY, BE HAPPY

Health experts recommend that young people should complete at least an hour of moderate exercise most days of the week. It is advised that two types of exercise are complete.

- **Aerobic Exercise**
- **Exercises to strengthen muscles and bones**

Your Challenge –

- Complete a training diary that shows your week of exercise aiming to follow the guidelines above
- This must be completed on the template provided following the titles of recording your resting heart rate, identifying the method of training you will use, recording how long you completed this exercise for, recorded heart rate after exercise and the level of challenge you felt. There are also some key questions to answer about rest and recovery
- Use the suggested exercises to complete both aerobic and strength training



strengt**H**
ex**E**rcise
e**A**t
Live
fi**T**ness
c**H**allenge
enjo**Y**

Rules and how to enter

- Complete a full week of the training programme
- One complete email to k.sexton@pcs.hants.sch.uk
- Points will be awarded to those that follow the expectations of the training programme and the guidance given by health experts
- Additional points will be awarded to those that evidence their training with photos of them completing their training diary
- A £5 voucher will be awarded to the winner in each year group

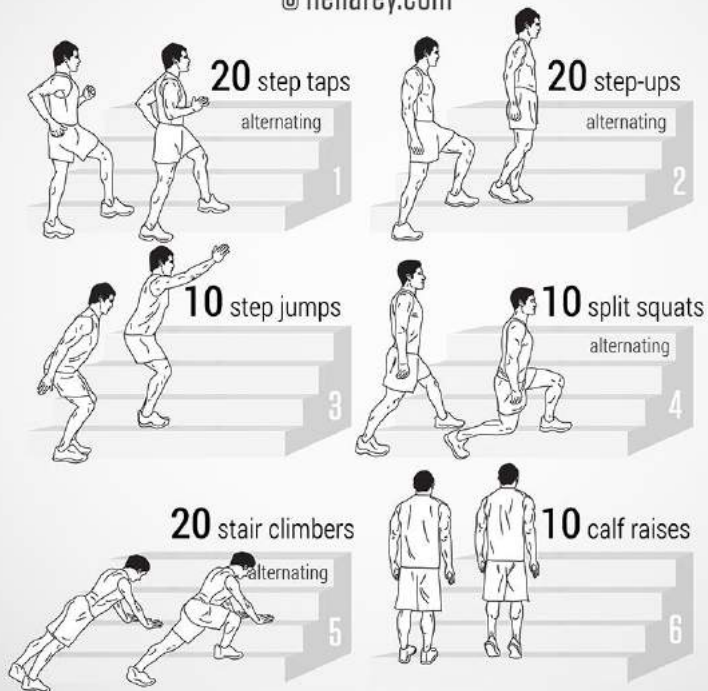
PE Home Study Challenge – Personal Training Diary

Name -
Year Group -

Day	Resting Heart Rate (bpm)	Training Task Complete	Minutes completed	Heart Rate After Training	Level of Challenge 6 low – 20 high	Goal for next training session
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday Sunday	Rest and Recovery – Why is it important to rest during training?					

Stairs Workout

Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
© neilarey.com



www.nhs.uk **NHS** choices

Cardio & Core

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 high knees



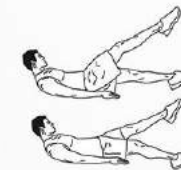
10 climbers



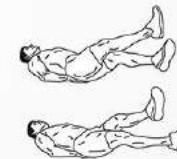
10 climber taps



30 high knees



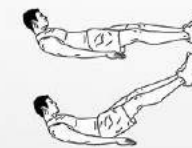
10 flutter kicks



10 scissors



30 high knees



10 leg raises



10 raised leg circles