NAME:_____ Homeroom:_____ GR 6

1. WARM-UP (4 minutes)=_____

2. Fitness Training Routine (22 minutes) Specify which exercises are Work & Rest

1_____ 16_____

2_____ 17_____

3_____ 18_____

4_____ 19_____

5_____ 20_____

6_____ 21_____

7_____ 22_____

8_____ 23_____

9_____ 24_____

10_____ 25_____

11_____ 26_____

12_____ 27_____

13_____ 28_____

14_____ 29_____

15_____ 30_____

3. FINAL static FLEXIBILITY TRAINING ROUTINE *– 5 minutes*

4. If you do not have the equipment at home that you use in your routine, what substitutions would you make so that you can work out at home? (ex. Stairs instead of the T-Bow)

5. How might doing your routine at home help you more than doing it in P.E. class?

Name:_____Homeroom_____GR 6

IN THE SPRING, I WANT TO IMPROVE MY_____ score

by_____ AND MY_____score
by_____

1. WARM-UP = Choose a Cardio/Dynamic Flexibility activity that you can perform for **4 *min***
2. FITNESS TRAINING ROUTINE - 22 *minutes* (**You may use all thirty lines, but you do not have to. If you need more space, then write it on another sheet of paper**).

a)Write the TIME or SETS/REPS & the TYPE of equipment used. You may choose a type of workout mentioned in class (E.M.O.M., LADDER, A.M.R.A.P., CIRCUIT, TABATA) or a workout you are familiar with

b) Specify any REST.
IF YOU CHOOSE TO USE REST, it should be because you need it Each rest should not be more than 30 sec.

c)Specify ACTIVE or NON-ACTIVE REST. If the REST is ACTIVE, you should specify what it will be.

Exercises that help with the **P.A.C.E.R.** (*Cardiovascular Endurance* (heart pumping), *Speed*(short period of time), *Power*(explosive), *Agility*(change direction)

Cones – *straight line / 4 in-a-square / T-shaped / Y-shaped* Skaters/Skiers Jump rope
Agility Ladder – steps/sprints/cariocca/jumps Frog Jumps Power Skips
Hoops – jumps/hops T-Bows – steps/hops/jumps Burpees
Small Hurdles Plank Jacks Rocket jumps Suicides
Mountain climbers Horizontal/Vertical Line Jumps Sandbell Knee Tucks, Throws, Slams
Lunges/Squats with Bodyweight, TRX, Sandbells, or Xertube Hamstring Curls with TRX or EX Ball

Exercises that help with **PUSH-UPS/PLANK** (Muscle Strength & Endurance – (for sets and reps -OR- for time)

BODY WEIGHT - Push-ups Chair/Mat Dips Plank Curl-ups Plank Jacks Mtn Climbers

TRX - Push-ups Rows Knee Tucks Superman Hip Drop Rollouts Planks

SANDBELL- Russian Twist Knee Tucks Overhead Press Seal Walk

XERTUBE - Upright rows Overhead presses Biceps curls Backscratchers

******Flexibility** for those with a Flexibility goal********-I will provide you with information on flexibility exercises. You will perform exercises/stretches using the TRX and/or on a mat. Each stretch should be listed & held for at least 30 seconds. (dynamic or static exercises). You should also perform the Sit & Reach challenge regularly

3. FINAL static FLEXIBILITY TRAINING ROUTINE.– ***5 minutes***