

NAME: \_\_\_\_\_

Homeroom: \_\_\_\_\_

GR 6

**1. WARM-UP (4 minutes)=**

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**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 – <i>straight line / 4 in-a-square / T-shaped / Y-shaped</i>	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	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/stretching 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**