

MINISTRY OF EDUCATION, HERITAGE & ARTS

YEAR 11 PHYSICAL EDUCATION

STANDARD PRACTICAL ACTIVITY WORKSHEET

GET UP AND MOVE

Physical Health

Physical activity (PA) is defined as any bodily movement produced by contraction of muscles that results in energy expenditure. Everybody needs to be active on a daily basis in order to maintain a healthy lifestyle.

What is PA?

- ✓ It can be sport or recreation, gardening, farming, housework, cycling, walking from home to shop or even a physical job that has you moving.
- ✓ PA can be done anywhere, anytime and requires no special clothes and equipment

Benefits of PA

There are so many benefits of regular PA at every age, such as it;

- helps maintain healthy body weight and positive body image.
- enhances weight loss and lowers stress.
- improves strength, stamina and flexibility.
- helps keep your mind clear by improving cognitive function.
- makes bones stronger by increasing bone density.
- releases many endorphins (natural chemicals) that make you feel good.
- improves self- esteem, quality of sleep and boosts mood.

PA also lowers your risk of premature death and many diseases and conditions such as;

- heart disease, stroke, Type 2 diabetes, high blood pressure, high blood cholesterol, many types of cancers, abdominal obesity, depression and anxiety.

So if you are not active enough, your risk of the above conditions is much higher

Source: Ministry of Education, Heritage and Arts, Physical Education is Fun, Year 9 and 10 Teaching Material.

BEFORE YOU START PERFORMING ANY OF THE ACTIVITY, PLEASE CAREFULLY READ THE INSTRUCTIONS BELOW AND STRICTLY ADHERE TO THE CURRENT COVID – 19 RESTRICTIONS.

1. *There are seven different activities and it could be performed over several days or until the school reopens. It is not compulsory to complete all activities within a day. Please take your time.*
2. **The above exercises are for individual students and it should only be performed at their home. Students should not group together or move out of their compound to do the exercises. *The order of activities is flexible and depends on the student.***
3. **To have fun, the above physical activities can be performed with your siblings or parents but do not invite your friends or neighbours.**
4. **The given exercises are sample exercises. Students can modify/add or delete any exercise to suit their needs and current fitness level. *Please do not do any activity if you have a medical certificate or if you have any medical issues.***
5. **In light with the current pandemic, students' should maintain a high degree of hygiene at all times and maintain COVID – 19 safety measures announced by the government.**
6. **Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed within your compound.**

ORDER OF ACTIVITY CAN BE CHANGED AS PER YOUR INTEREST

Types of exercises that can be done

To get the right balance of exercise, there are three different types of exercises stated below that you should be aiming to do.

1. Aerobic (cardiovascular) exercise
2. Flexibility/stretching exercise
3. Strength exercise

1. Aerobic (cardiovascular) exercise

- Aerobic exercise leads to pumping of oxygenated blood by the heart to deliver oxygen and nutrients to the working muscles.
- It strengthens the heart and improves the body's ability to deliver oxygen to all its cells.
- Aerobic exercise helps keep your heart, lungs, and circulatory system healthy.

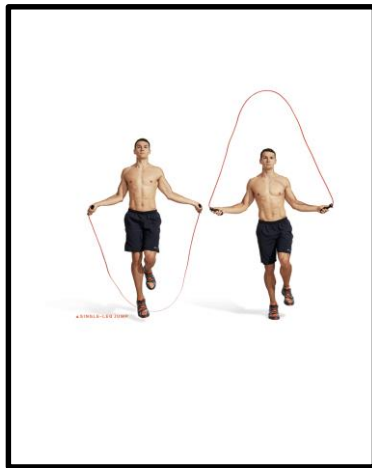
Home based aerobic exercise

Activity 1 – SKIPPING

- Duration and frequency: 10 to 20 minutes, 3 to 5 days per week.

Instructions

- Perform warm-up exercises for at least 5 minutes (easy running or jogging).
- Use the stretching guideline on Page 9 and perform stretching exercise.
- As per the illustration below, perform skipping exercise.
- Add a variety in skipping methods such as skipping on both legs and then on alternate leg.



Images: 1. parenting.firstcry.com/articles/magazine-get-a-skipping-rope-today-to-grab-its-benefits/
2. peopleimages.gettyimages.com

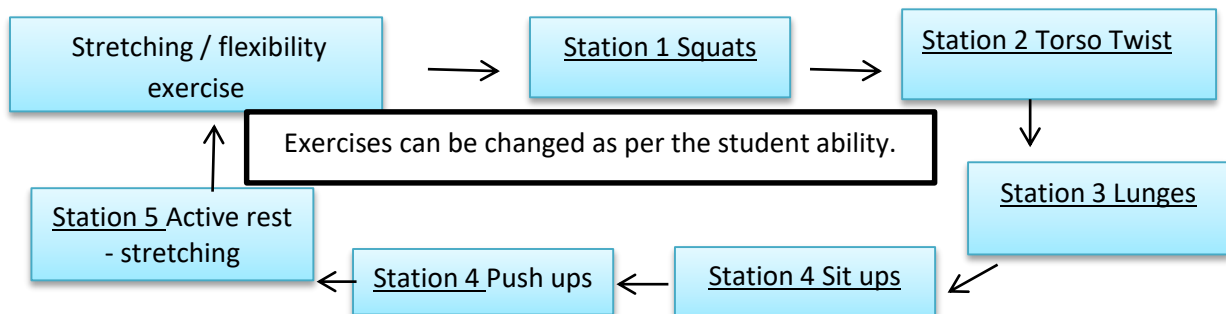
- **Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed anywhere within your compound.**

Activity 2 – AEROBIC CIRCUIT TRAINING (using Body Weights)

- Duration and frequency: 15 to 20 minutes, 3 to 5 days per week.
- Include any exercise at each station like squats, torso twist, lunges, sit ups or push ups.

Instruction

- Perform warm-up exercises for at least 5 minutes (easy running or jogging).
- Use the stretching guideline on Page 9 and perform stretching exercise.
- Perform the exercise for a minute per station. Jog to next station and perform the next exercise for a minute until you reach to station four (4).
- Rest for two (2) minutes at station five (5) and stretch.
- This makes one (1) circuit.
- Repeat the circuit 3 to 4 times or as per student fitness level.



- Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed anywhere within your compound.



Images:

1. pexels.com/photo/healthy-model-young-health-4384679/
2. fitmw.com/wp-content/uploads/2015/07/standing-torso-rotation.jpg
3. pexels.com/photo/side-view-photo-of-woman-doing-lunges-against-black-background-2417512/

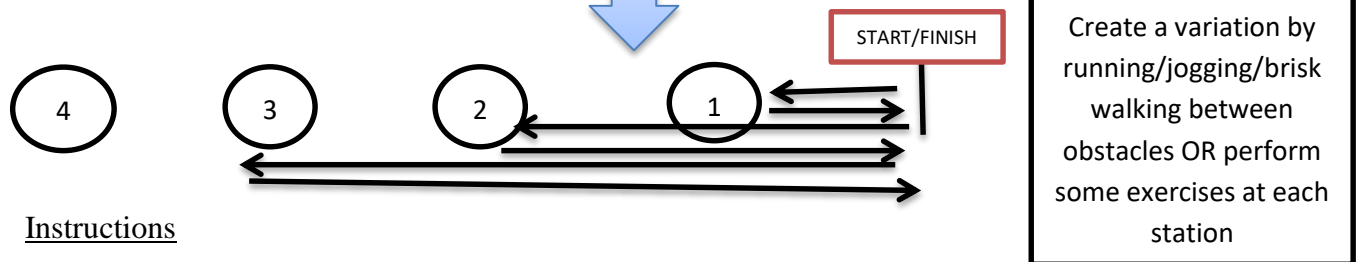
Activity 3 – *RUNNING/BRISK WALKING/ JOGGING or a combination of any three activities*

- Duration and frequency: 20 to 30 minutes, 2 to 3 times per week

Instructions

- Perform warm-up exercises for at least 5 minutes (easy running or jogging)
- Use the stretching guideline on Page 9 and perform stretching exercise.
- Use a combination of the above exercise for at least 20 to 30 minutes.
- **This activity can be performed anywhere within your compound (e.g. carport, veranda, running around the house and compound. If you are staying on a double story house, then use the staircase)**

Activity 4 – *SHUTTLE RUNNING*

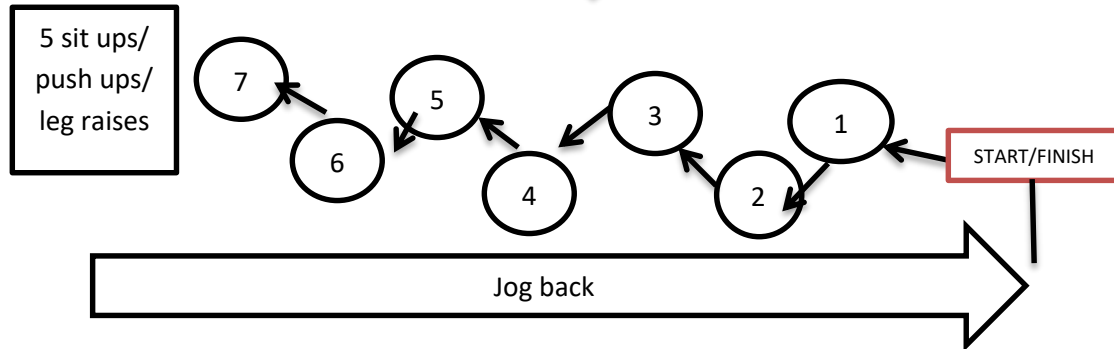


Instructions

- Perform warm-up exercises for at least 5 minutes (easy running or jogging)
- Use the stretching guideline on Page 9 and perform stretching exercise
- Place 4 markers (or stones, bottles, coconuts etc.), three (3) meters apart as shown above.
- Start either by running, jogging or brisk walking to marker 1.
- Touch marker 1 and run/ brisk walk/ jog back to start line.
- Then go to marker 2, touch it and back to start line.
- Continue the same pattern until you finish with marker 4 but it entirely depends on you whether to run/brisk walk or jog to each station.
- Then rest for two (2) minutes, and continue to do stretching exercise.
- Complete 4 to 5 sets or as per student fitness.

Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed anywhere within your compound

Activity 5 – JUMP/HOP/RUN



Instructions

- Perform warm-up exercises for at least 5 minutes (easy running/jogging)
- Use the stretching guideline on Page 9 and perform stretching exercise
- Use right leg and hop to station 1 (land on the right feet), then use the right leg to hop on station 2 (land on the left feet), then use the left leg to hop on station 3 (land on the right feet).
- Continue the sequence until you reach to the station 7.
- Add variations – jumping with both feet or on one foot to each station.
- Once you reach to station 7, then perform any of the mentioned exercise.
- Then jog back to the starting point.
- Once you are at the finish line, rest for 2 minutes and perform stretching exercise.
- Perform 4 to 5 sets (repetitions) or as per student fitness level.
- The distance between each station will depend on the student.

Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed anywhere within your compound

Activity 6 – YOGA (simple yoga exercises)



[Image: pinterest.at/pin/531635930991760465/](https://pinterest.at/pin/531635930991760465/)

Note:

- More yoga exercises could be added as per your interest and fitness level.
- Perform 4 to 5 sets (repetitions) or as per student fitness level.

Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed anywhere within your compound

Activity 7 – GARDENING

With the help of your family members, find an area where you can utilise your gardening skills. Dig the area, and plant various vegetables.

OR

With the help of the family members, clean the compound or the flower gardens.

Follow all the protocols of COVID – 19 as stated by the government and this activity should be performed anywhere within your compound

2. Stretching exercise

- Stretching exercises helps to stretch your muscles so that your body remains flexible. Hold the stretch for at least 10-30 seconds and repeat each stretch 3-5 times. Remember to breathe normally during each stretch and do not bounce when performing a particular stretch.

Head, neck and upper limb stretching exercises



Spine and upper limb stretching exercises



Spine and lower limb stretching exercises



Lower limb stretching exercises



Image: researchgate.net/profile/Giuseppe-Musumeci-2/publication/283271846/figure/fig4/AS:391717825073152@1470404215074/Graphic-design-of-different-stretching-exercises-head-neck-spine-upper-and-lower-limb.png

Note: Stretching and flexibility exercise can be included with in all the activities stated above

3. Strength exercise









Date		Time	
BREATH	HIP ROLL	NORMAL	BRIDGING
			
10 Deep Breaths	2 Sets of 10 slow rolls each side - with 20 seconds rest	2 Sets of 10 lifts with 20 seconds rest	1 Set of 10 slow lifts. Hold for 3-5 seconds in upward phase
STANDING ROTATION	HANDS VIA KNEES	SEATED KNEE TUCKS	SUPERMANS
			
Alternate sides for 30 - 45 seconds	2 Sets of 10 lifts with 20 seconds rest between sets	2 Sets of 6 - 10 lifts with 20 seconds rest between sets	Alternate sides for 45 - 60 seconds

Image: 64.media.tumblr.com/tumblr_ljxbxz8vWC1qz85cwo1_500.png