

**MINISTRY OF EDUCATION, HERITAGE & ARTS**

**YEAR 12 PHYSICAL EDUCATION 2021**

**STANDARD PRACTICAL ACTIVITY WORKSHEET**

**GET UP AND MOVE**

**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 is only one activity and it could be performed three to five days over several days or until the school reopens. Please take your time.*
- 2. The 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 exercises are flexible and depends on the student.*
- 3. To have fun, the exercise 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 of the current pandemic, students should maintain a high degree of hygiene at all times and maintain COVID – 19 safety measures as announced by the government.*
- 6. This activity should be performed within your compound.*

**ORDER OF EXERCISE CAN BE CHANGED AS PER YOUR INTEREST**

## Home based physical exercise



### **GET UP & MOVE**

- Frequency: 3 to 5 days per week.

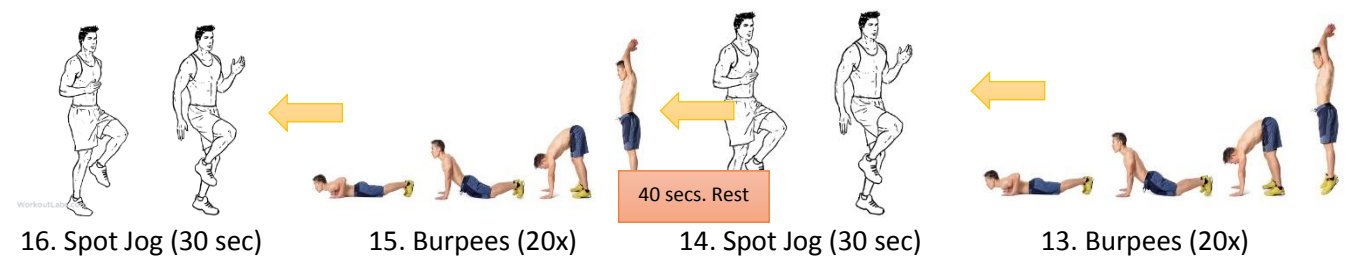
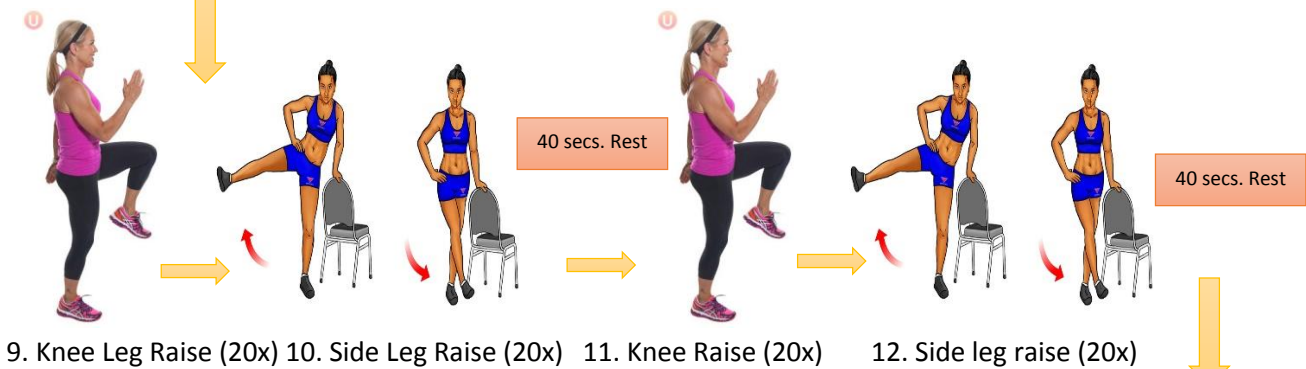
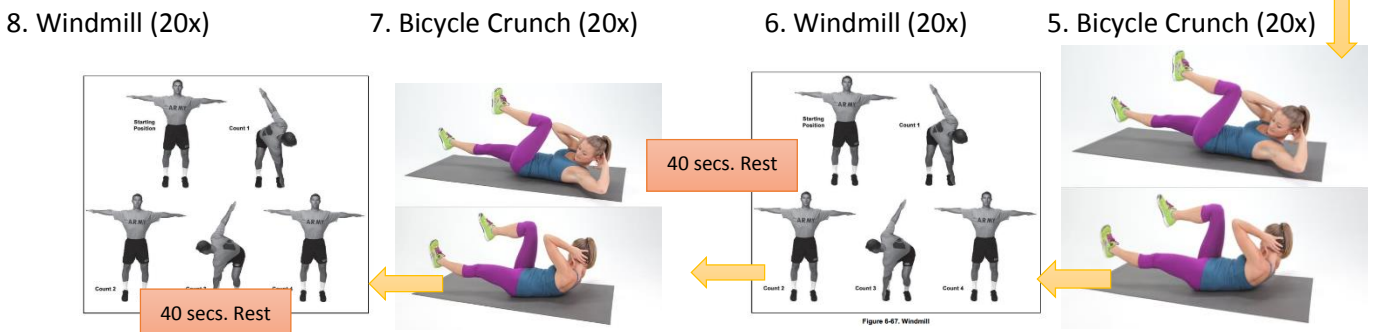
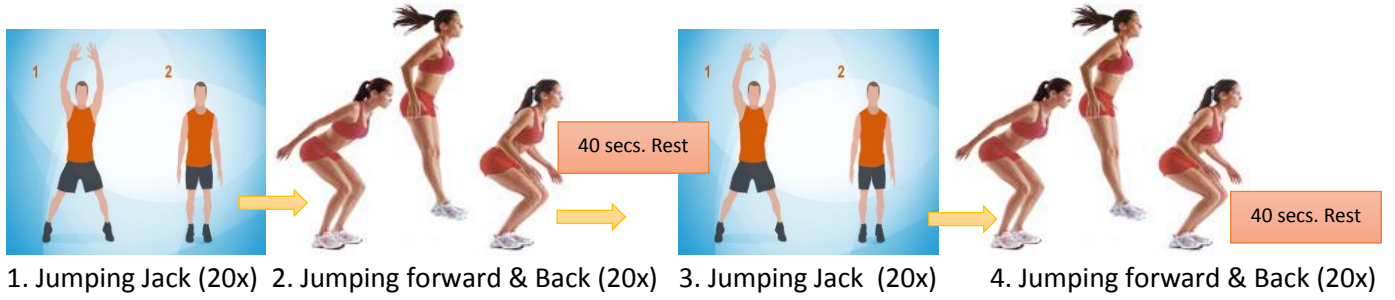
#### Activity Instructions

- Perform warm-up exercises for at least 5 minutes (easy running or jogging).
- Use your knowledge on stretching and perform stretching exercise.
- Station 1 and 2: Jumping Jack and Jumping Forward and Back Exercise
  - ✓ The student performs jumping jacks and then continue with the next exercise.
  - ✓ For the jumping forward and back exercise, the student uses both legs to jump, then turns back and jumps to the starting position. Continue the sequence 20 times.
  - ✓ Then rest for 40 seconds and repeat the same exercises.
  - ✓ Rest again (40 seconds) and then move to the next station.
- Station 3 and 4: Bicycle Crunch and Windmill Exercise
  - ✓ Perform bicycle crunch and windmill exercise and then rest for 40 seconds.
  - ✓ After the rest, repeat the same exercise and then rest.
  - ✓ After resting, then go to the next station.
- Station 5 and 6: Knee Leg Raise and Side Leg Raise
  - ✓ Perform knee leg raise and then do side leg raise
  - ✓ Rest for 40 seconds and then repeat the same exercise.
  - ✓ Rest for 40 seconds and move to the next station.
- Station 7 and 8: Spot Jog and Burpees
  - ✓ Jog on spot for 30 seconds and then perform Burpees 20 times.
  - ✓ Rest for 40 seconds and then repeat the same exercise
  - ✓ Then rest for 40 seconds

**Congratulations – you have completed one set of the exercise**

#### NOTE:

1. Please refer to the appendix (page 3) for the sources of the images used.
2. There are 2 sets of same exercise to be done, but you can do only 1 set or as per your fitness.
3. Exercises provided are just sample exercises and the number of exercise to be performed can be changed as well.
4. *It entirely depends on the student for the number of sets to be performed.*



APPENDIX (Image source)

1&3 Jumping Jack - webmed.com	9&11 Knee Leg Raises - gethealthyu.com/exercise/
2&4 Forward and backward jump - top.me/fitness	10&12 Side Leg Raise - genemedics.com/exercises/
6&8 Windmill exercise - kaimuay.com/windmills	16&14 Jog on spot - pinterest.com.mx/pin/
5&7 Bicycle crunch - popsugar.com/fitness/photo-gallery	13&15 Burpees - thefatkidinside.com/health-benefits-burpees