

# PHYSICAL EDUCATION TASK

## MAKE A PHYSICAL ACTIVITY PROGRAM AT HOME (AND CARRY IT OUT !!)

Hi everyone. I suggest that, during this quarantine and as an evaluable activity, you prepare a physical activity program at home, carry it out and keep me informed of your evolution. First of all, I remind you that the contact email is [gaelle7744@gmail.com](mailto:gaelle7744@gmail.com); To this email you can send me the tasks that are requested or any questions that you have.

### Why is regular physical exercise so important in this quarantine period?

- Mainly to improve our defenses. Regular physical exercise strengthens the immune system and prepares our body to face and overcome a possible contagion and convalescence due to coronavirus.
- To keep us in good physical shape in this period of forced sedentary lifestyle. Not leaving home and almost not moving does not at all benefit the normal development that your body carries out at your age. You need to stimulate your bone-muscular system to continue developing it as you did when you could go out and practice your favorite sports, or the training sessions of your sports clubs.
- To control your weight: sedentary lifestyle, television and constant snacking is a combination to avoid at all costs. You have to think about eating just enough, reduce the portion size a bit, avoiding snacks between meals or in front of the TV (especially sweets and bags of snacks). Above all, think about eating **MORE VEGETABLES AND LESS MEAT**, and don't forget about fish too.
- To maintain high self-esteem and disconnect from the reality of confinement that we have had to live with. Exercise secretes endorphins, a hormone that produces a feeling of well-being and euphoria in the body. Plus, having a daily goal and motivation helps to keep your mind clear and keeps negative thoughts away.

### How to prepare the program?

First you have to fix the **periodicity of the sessions**, that is, how many sessions per week you are going to do. I recommend that you start with **3 weekly sessions**, although someone your age could easily do four, leaving **three days for recovery**. It is also possible to carry out a daily session, varying the intensity of each session (alternating for example "strong" days and "soft" days).

Next you have to design your session. The training session will be the same throughout the first week, to increase its intensity in the following weeks (we will see how to increase the intensity of the session). **Each session** must be made up of:

#### 1. WARM UP (approx. 10 min)

In the video I have made I propose a warm-up, but you can propose another if you want: warm-up exercises typical of the sport you practice, exercises you like on the internet, etc.

## **2. MAIN PART**

For the preparation of this part you have four videos on YouTube, although the links are in Class Dojo. The duration of this part will depend on the work you want to do depending on your starting level; if you want a stronger session, please spend more time on this part. I recommend that you do not do less than 25 minutes and not more than 45 minutes. Although we always have to set realistic and achievable goals. This part must consist of ONE CIRCUIT of resistance strength and a part that we will call "CARDIO".

## **3. COOL DOWN (approx. 15 min)**

In this last part we will perform the STRETCH exercises. I have decided that you need to look on the internet for individual stretching exercises. Try to have all the major muscle groups have at least one stretching exercise in your session. You can enter "individual active stretching exercises" in the YouTube search engine to find a lot of them. You have to describe your stretching exercises in the weekly file

-----

Each week you will have to prepare two data sheets: one with the structure of the session that you will carry out three or more times per week and another with the explanation of the circuit, the cardio part and the stretching exercises. The warm-up is not necessary for you to include, since it is simple and can almost always be the same. At the end of this document I propose a model for each data sheet. Remember that you can use the exercises that I propose in the videos or search for exercises on the internet that you like and that motivate you. Then I will give you a series of indications and instructions to develop your circuit and the cardio part.

## **HOW TO DEVELOP YOUR RESISTANCE CIRCUIT**

Some elements of the circuit are, for your help and guidance, mandatory, while other

elements must be chosen by you. This is explained in detail in the following table:

REQUIRED	OPTIONAL
<ul style="list-style-type: none"> <li>● The circuit must contain <b>6 exercises</b></li> <li>● Alternate <b>arm, abdomen, and leg</b> exercises. That is: 1 arm exercise + 1 abdomen exercise + 1 leg exercise + 1 exercise. arms + 1 exercise abdomen + 1 exercise leg = 6 exercises.</li> <li>● Include a <b>pause between each exercise.</b></li> <li>● Include a <b>pause between each lap</b> of the circuit.</li> <li>● You must complete a <b>minimum of two complete laps</b> of the circuit.</li> </ul>	<ul style="list-style-type: none"> <li>● You can <b>choose the exercises</b> that best suit your level. In the videos that I have uploaded in Class Dojo I propose several, but you can search for others on the internet.</li> <li>● You can increase the number of laps of the circuit, reduce the pauses between exercises and laps or increase the number of repetitions or time of completion of each exercise.</li> </ul>

### Instructions for the development of the circuit

1. Choose which exercises you are going to do FROM THE YOU TUBE VIDEOS THAT I PREPARED TO YOU (THE LINKS ARE AT THE END OF THIS TEXT)
2. Decide if you are going to do the exercises by counting for yourself the number of repetitions or if you are going to do it timed. I recommend that you count the repetitions, that will help you focus on the task. Do not perform less than 15 repetitions per exercise. If you decide to do the exercises timed, you must use your mobile or watch; I recommend spending a minimum of 30 seconds on each exercise.
3. Decide the pause time between exercises. The shorter the pause time between exercises, the harder the circuit will be. The pause time between exercises cannot exceed the time it took you to perform the last exercise. For those who opt for a level 3 intensity circuit, I recommend a 10 second break between exercises.
4. Decide the pause time between one complete lap and the next. The pause time between laps should not be more than half the time it takes you to make a complete lap of the circuit. To do this you must measure the time it takes you to make a complete lap of your circuit.
5. Fill in the form with all this data. For the description of the exercises you can use drawings or images that you find on the internet. Remember that you should send me at the beginning of each week the file of your circuit and the file of the structure of the weekly session (the data sheets are at the end of this document).

### HOW TO PREPARE THE **CARDIO PART**

It is in this part that we have called "CARDIO" where we will try to work the resistance. For this we must carry out:

1. A task of **medium intensity** (for levels 1 and 2) or **medium-high intensity** (for level 3).

2. Prolonged in time (minimum 15 minutes).
3. As continuous as possible, that is, with few breaks.

This part of your session may include:

- **Jump rope** (skipping rope). For example, a series of 1 or 2 minutes with pauses of 30 seconds, until completing the total 15 minutes of the cardio part.
- **Exercise bike**: minimum 15 minutes without a break. Demand a minimum of intensity.
- **Go up and down the stairs**. It is tedious but we have no other choice. There are many ways to go up and down stairs that can make the task a little more enjoyable: on foot together, on one foot, running to go up, walking to go down, reverse, with dumbbells (weights), etc. Minimum 15 minutes without pause.
- **Continuous run**. For those who have space: large patio, plot, land within the property, etc. Minimum 15 minutes without pause.
- **Burpees**. In the video I propose several burpees divided into three levels of intensity. You can perform a series of 10 burpees with 30 second breaks. For example 3 sets of 10 burpees for a level 1 would be fine.

AMONG THESE PROPOSALS, CHOOSE THE ONE THAT SUITS YOU THE MOST

## SUMMARY

- Create a physical activity program for the quarantine period.
- This program will consist of a minimum of three weekly sessions while this situation lasts. You only have to make one session per week (with its corresponding data sheet) and repeat it three times each week.
- Each session will consist of: WARM-UP + CIRCUIT + CARDIO + STRETCHING = with a minimum of 40 minutes of exercise.
- This program is carried out weekly, filling in two sheets each week: one with the structure of the weekly session and the other with the structure of your personal circuit.
- The intensity must be increasing weekly. Either by increasing the running time, or by increasing repetitions, or by reducing the pause time. A judicious combination of the three parameters is possible, your own feelings and self-demands are now the best indicators.
- Each week the two data sheets (one for the weekly session and the other for the circuit) of your program must be sent for correction and revision to this email: [gaelle7744@gmail.com](mailto:gaelle7744@gmail.com)

FINALLY I HAVE ATTACHED THE MODEL OF THE SHEET YOU HAVE TO COMPLETE AND SEND, BOTH OF THE STRUCTURE OF THE SESSION AND OF THE CIRCUIT

## WEEKLY SESSION FORM

SESSION N°: Total time:	Days that it takes place:
----------------------------	---------------------------

<p style="text-align: center;"><b>1. HEATING</b></p> <p>Time:</p>	<p>Write here if you have performed a different warm-up than the one proposed in the video</p>
<p style="text-align: center;"><b>2. MAIN PART</b></p> <p>Time:</p>	<p>A. CIRCUIT (you must describe it in the second file)</p> <p>B. CARDIO (describe your part of cardio here, according to the instructions above):</p>
<p style="text-align: center;"><b>3. BACK TO THE CALM</b></p> <p>Time:</p>	<p>Detail your stretching exercises here. Try to use the different muscles or parts of the body as a reference. For example:</p> <ul style="list-style-type: none"> <li>● Quadriceps stretch 30 seconds x 3 repetitions each leg.</li> </ul>

## WEEKLY CIRCUIT SHEET

CIRCUIT Nº: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

DONE ON DAYS: \_\_\_\_\_

NUMBER OF REPETITIONS MADE \_\_\_\_\_

PAUSE BETWEEN REPETITIONS: \_\_\_\_\_ PAUSE BETWEEN EXERCISES:

\_\_\_\_\_

DESCRIBE IN THE FOLLOWING TABLE THE EXERCISES PERFORMED. IF YOU HAVE THE POSSIBILITY OF PRINTING AT HOME, YOU CAN DRAW THE EXERCISES AND THEN TAKE A PHOTO OF THE FILE (SAME AS FOR THE PREVIOUS FILE). INDICATE THE NUMBER OF REPETITIONS PER EXERCISE. IF YOU PERFORM THE EXERCISES BY TIME, INDICATE IT IN THE LAST COLUMN.

<b>EXERCISE</b>	<b>DESCRIPTION</b> (in writing, drawing or both)	<b>Nº OF REPETITIONS / TIME</b>
1		
2		
3		
4		
5		
6		

## **VIDEO LINKS TO CREATE YOUR CIRCUIT**

INTRODUCCIÓN: <https://www.youtube.com/watch?v=5fE5nh-GNLI>

CALENTAMIENTO: <https://www.youtube.com/watch?v=Jq0mR45Rh-w>

BRAZOS: <https://www.youtube.com/watch?v=4Cij8GsMiHE>

ABDOMEN: <https://www.youtube.com/watch?v=yZJWnGgdLgs>

PIERNAS: <https://www.youtube.com/watch?v=0W3ZW6Jas3w>