

ST PETER'S PHYSICAL TOOLKIT, ISSUE 1



St Peter's
Cambridge
NEW ZEALAND

In your preparation
for physical activity
tick off:

- ✓ 8+ Hours Sleep
- ✓ Good Nutrition
- ✓ Good Recovery
- ✓ Good Hydration
- ✓ Good Balance
- ✓ Quality Training
- ✓ Comfortable
Training Gear
- ✓ Good Time
Management around
training, study, rest
and relaxation
- ✓ Communicate with
your family when and
where you are doing
your activity



WELCOME

Welcome to our St Peter's Physical Toolkit. Each week we will be sending out some exercise ideas, training programmes and activities to keep you active, healthy and prepare for your return to school. This toolkit sits alongside our Wellbeing Toolkit and it ensures you remain balanced – it helps Taha Tinana!

WORKOUT CIRCUIT

CIRCUIT

Repeat Circuit 3 times

If you are unsure of any exercises, check out the clips

10 min warm up on bike or jog

OR

2 minutes Skipping

20 x Bench Step Ups

20 x Squats (no weights)

1 min Plank

10 x Split Squat Lunge

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

10m Single Leg Hops Forward (each leg)

<https://www.youtube.com/watch?v=BsN1qx4ybbs>

10 x Tuck Jumps

15 x Prone Knee Thrust (5 outside elbow/chest/across inside elbow)

<https://www.youtube.com/watch?v=Gn-eAvXoCvw>

20 x V Sit-Ups

<https://www.youtube.com/watch?v=Wlw2Cyon-Ks>

10 x Back Bridge – each side

<https://www.youtube.com/watch?v=rLkgM3Xo6Xs>

10 x Burpees

Jog Warm Down / Stretch / Roller

PERSONAL TOOLKIT



Ange Russek

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Contact Ange if you would like a more personalised training programme for specific needs.



Jess Patrick

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Contact Mrs Patrick if you would like more details on wellbeing activities for specific needs.

We are here to give you inspiration/motivation and keep you balanced.

This will help you be refreshed for your online learning!

CROSS COUNTRY PROGRAMME

Our School Cross Country is in Term 2. What better time to start preparing and setting yourself some individual goals. Share these goals with your parents, your learning group coaches, friends.

Year 7&8	3km
Juniors (U14)	4km
Intermediates (U16)	4.5km
Seniors (O16)	5km

Week 1 Starting 23 March

For active runners: Aim to do the following each week

- 1 x 15-20 minutes run steady pace
- 1 x Fartlek run; 10 minutes warm up pace, 2 minutes fast, 4 minutes easy x 5, warm down jog 5 minutes
- 1 x Longer relaxed run (juniors 30 minutes, seniors 45 minutes)
- 1 x Hill Set, 10 min easy jog warm up, 5-10 x 100m gentle incline hills, jog down recovery 5 min warm down
- 1 x Cardio Choice from below

For starting out runners: Aim to do the following each week

- 1 x 20-30 min fast walk
- 1 x 5 min jog, 5 min fast walk, 5 min jog, 10 min fast walk
- 1 x Hill Set Power Walk; 5-10 x 100m gentle incline hills, jog down recovery, 15 min walk recovery
- 1 x 10 min jog
- 1 x Cardio Choice from below

CARDIO CHOICES

Choose one of the following and do for 20 minutes

- Spin Bike or Road/Mountain Bike
- Walking
- Rowing Machine
- Swimming or Aqua Jogging
- Individual skill sessions of your choice
- Yoga





Who inspires you?



How will your actions help you?