

### Year 7-10 Practical Timetable

Days	Week 1 – w/c Monday 4 <sup>th</sup> May	Week 2 – w/c Monday 11 <sup>th</sup> May
<b>Monday</b>	10 minute jog 10 minute walk 10 minute jog	10 minute jog 10 minute walk 10 minute jog
<b>Tuesday</b>	15 star jumps (30 second rest) 15 tricep dips – using a chair (30 second rest) 15 squats (30 second rest) 15 sit ups (30 second rest) 15 press ups (30 second rest) 15 step ups – using the stairs(30 second rest) 15 seconds plank x4 (30 second rest) Repeat the above 3 times with 3 minute rest between each set.	15 star jumps (30 second rest) 15 tricep dips – using a chair (30 second rest) 15 squats (30 second rest) 15 sit ups (30 second rest) 15 press ups (30 second rest) 15 step ups – using the stairs (30 second rest) 15 seconds plank x4 (30 second rest) Repeat the above 4 times with 4 minute rest between each set.
<b>Wednesday</b>	Joe Wicks/Just Dance workout on YouTube. Or Show 4 skills relating to a sport of your choice (for example: Football – agility course, keepy uppys, test on reaction time, jumping headers) Or Create a dance routine including 10 activities Or Make up your own game. Game must include rules and a scoring system	Joe Wicks/Just Dance workout on YouTube. Or Show 4 skills relating to a sport of your choice (for example: Football – agility course, keepy uppys, test on reaction time, jumping headers) Or Create a dance routine including 10 activities Or Make up your own game. Game must include rules and a scoring system

<b>Thursday</b>	5 minute jog 10 second sprint 10 second walk 10 second jog Rest for 1 minute Repeat the above x4	10 minute jog 20 second sprint 20 second walk 20 second jog Rest for 2 minute Repeat the above x3
<b>Friday</b>	30 minute walk or jog	30 minute walk or jog

If there are any tasks you are unsure of, please check YouTube for any hints or tutorials. Failing that, email Mr. Robinson at [dkerrrobinson@stjamesacademy.org.uk](mailto:dkerrrobinson@stjamesacademy.org.uk) or Miss. Brothwell at [fbrothwell@stjamesacademy.org.uk](mailto:fbrothwell@stjamesacademy.org.uk) and we will help.