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| **Years 7 -12** | **Physical Activity @ Home** |
| **Outline** | **Website** | **Task**  |
| What is physical activity and why is it good for us?  | Head to <https://www.healthier.qld.gov.au/fitness/>  | Answer the following questions:* Why is exercise important?
* How does exercise affect different parts of the body?
* List the **7 parts of the body** that benefit from being physically active.
* Explore **energy in vs. energy out** - Find your favourite food and see what you have to ‘**Do this’** to work it off
* Explore the **Guidelines for being physically active**. What is your current levels of physical activity?

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| **Guidelines** | **Me** |
| True | False |
| I currently do ‘some’ from of physical activity? |  |  |
| I am active almost every day?  |  |  |
| When I’m active it is usually for 30 minutes or more?  |  |  |
| When I exercise I feel like my heart rate increases?  |  |  |
| I do strength activities at least 2 times a week?  |  |  |

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| **Weekly workouts****Week 1** * Explore the 6 different types of workouts listed in the links provided.
* Choose 2-3 workouts you would like to try this week and answer the questions in the table after you complete the workout.

***Keep track of how you feel during each workout and what parts of the body you are working.*** | **On-the-go strength**This is a workout designed to increase your muscular strength. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/on-the-go-strength/> **Stability and Balance** These stability and balance exercises will complement cardiovascular and strength training. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/stability-and-balance/>**No running cardio**This workout should get your heart pumping. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/no-running-cardio/>**Total Body Toning** This workout is designed to tone your muscles. Remember that muscle definition can occur after 8-12 weeks of consistent training. Depending on your fitness level, repeat the workout 1-3 times.<https://www.healthier.qld.gov.au/fitness/workouts/total-body-toning/>**Quick Core**These exercise focus on the core muscles. Core strength is extremely important for different types of daily activities. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/quick-core/>**No sweat lunch-break**Mini whole body workout. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/no-sweat-lunch-break/>  | **Week 1****Workout Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Questions**  | **Me** |
| Did you feel your heartrate increase during the workout?  |  |
| How many times did you repeat/complete the workout?  |  |
| Which part of your body did you feel was worked the hardest?  |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (****1*** *being didn’t enjoy it/ didn’t give me a good workout, 10 being loved it/was a tough workout).*  |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others?  |  |

**Workout Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Questions** | **Me** |
| Did you feel your heartrate increase during the workout? |  |
| How many times did you repeat/complete the workout? |  |
| Which part of your body did you feel was worked the hardest? |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout)* |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others? |  |

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| **Week 2*** Try 2-3 different workouts from the links (that you didn’t complete last week).
* Complete the question table after each workout.

***Keep track of how you feel during each workout and what parts of the body you are working.*** |  **On-the-go strength**This is a workout designed to increase your muscular strength. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/on-the-go-strength/> **Stability and Balance** These stability and balance exercises will complement cardiovascular and strength training. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/stability-and-balance/>**No running cardio**This workout should get your heart pumping. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/no-running-cardio/>**Total Body Toning** This workout is designed to tone your muscles. Remember that muscle definition can occur after 8-12 weeks of consistent training. Depending on your fitness level, repeat the workout 1-3 times.<https://www.healthier.qld.gov.au/fitness/workouts/total-body-toning/>**Quick Core**These exercise focus on the core muscles. Core strength is extremely important for different types of daily activities. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/quick-core/>**No sweat lunch-break**Mini whole body workout. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/no-sweat-lunch-break/> |

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| **Workout Name:**  |
| **Questions** | **Me** |
| Did you feel your heartrate increase during the workout? |  |
| How many times did you complete the workout? |  |
| Which part of your body did you feel was worked the hardest? |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout)* |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others? |  |

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| **Workout Name:**  |
| **Questions** | **Me** |
| Did you feel your heartrate increase during the workout? |  |
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| Which part of your body did you feel was worked the hardest? |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout)* |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others? |  |

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| **Week 3**By now you should have tried all the different workouts. This week we will aim to complete a strength workout, a core workout and a cardio workout. You could complete all 3 in one workout or each on different days. ***Take note of how many repetitions/sets you completed of each whole workout.***  |  **On-the-go strength**This is a workout designed to increase your muscular strength. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/on-the-go-strength/> **Quick Core**These exercise focus on the core muscles. Core strength is extremely important for different types of daily activities. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/quick-core/>**No running cardio**This workout should get your heart pumping. Depending on your fitness level, repeat the workout 1-3 times. <https://www.healthier.qld.gov.au/fitness/workouts/no-running-cardio/> |

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| **On-the-go strength** |
| **Questions** | **Me** |
| Did you feel your heartrate increase during the workout? |  |
| How many times did you complete the workout? |  |
| Which part of your body did you feel was worked the hardest? |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout)* |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others? |  |

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| **Quick Core**  |
| **Questions** | **Me** |
| Did you feel your heartrate increase during the workout? |  |
| How many times did you complete the workout? |  |
| Which part of your body did you feel was worked the hardest? |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout)* |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others? |  |

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| **No running cardio** |
| **Questions** | **Me** |
| Did you feel your heartrate increase during the workout? |  |
| How many times did you complete the workout? |  |
| Which part of your body did you feel was worked the hardest? |  |
| List any exercises you found easy. |  |
| List any exercises you found difficult.  |  |
| *Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout)* |  |
| After 2-3 days report on how your body feels, do any muscles hurt more than others? |  |

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| **Week 4****Designing your own workout.** Now you have been working out for a few weeks, it is time to design your own workout. | **Designing your workout.** \*Before you start, look back over your completed tables. Think back to exercises you liked, found challenging or felt as if they gave you a good workout. 1. Decide what type of workout you would like to do – strength, cardio, core, mix of all.
2. Click on the link and explore all of the moderate exercise options.

<https://www.healthier.qld.gov.au/fitness/exercises/?intensity=moderate>1. Decide what intensity you want to work out at – low, medium, high and the duration you want to exercise for
2. Create your full body workout – try to choose exercises that work different parts of your body – arms, legs, back, and core.
 | **My Workout**

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| **Name of Workout**  |  |
| **Level of intensity** |  |
| **Number of sets**  |  |
| **Exercise**  | **Name** | **Body part working**  | **Time/repetitions**  |
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| Did you feel your heartrate increase during the workout? |  |
| Which part of your body did you feel was worked the hardest? |  |
| Give this workout a rating out of 10 (1 being I didn’t enjoy it/didn’t give me a good workout, 10 being I loved it/it was a tough workout) |  |

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