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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?  |  |  |  | | --- | --- | --- | | **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**   |  |  | | --- | --- | | **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**   |  |  | | --- | --- | | **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/> | |  |  | | --- | --- | | **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? |  |  |  |  | | --- | --- | | **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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| **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/> | |  |  | | --- | --- | | **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? |  |  |  |  | | --- | --- | | **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? |  |  |  |  | | --- | --- | | **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**   |  |  |  |  | | --- | --- | --- | --- | | **Name of Workout** |  | | | | **Level of intensity** |  | | | | **Number of sets** |  | | | | **Exercise** | **Name** | **Body part working** | **Time/repetitions** | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | 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) |  | | | |