

#EMPOWHER 



WITNESS
— THE —
FITNESS

WELCOME TO WITNESS THE FITNESS!

There are 1440 minutes in each day.
Spend 30 of them on physical activity

DID YOU *Workout* TODAY?

This hub is designed to keep you active anywhere and at any time, whether it be in your backyard or living room, the possibilities are endless! You will also see that there are a range of different activities from HIIT circuits to yoga, body weights to dance cardio, the aim is to simply keep you active. AND we have a mindfulness section, because remember we need to exercise the mind as well.

It is recommended by the Australian Department of Health that:

- > Children and Young People (aged 5-17) complete 60mins or more of moderate to vigorous physical activity per day
- > Adults (aged 18-64) be as active as possible and aim for at least 2.5 to 5 hours of moderate intensity each week

SO HOW WILL YOU ACHIEVE THAT?

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WITNESS THE FITNESS *Timetable*

It is important that we make a plan to ensure we are getting enough exercise each day and allow our body to move. For some of us it may come more naturally with our scheduled training sessions. But when we don't have our set schedule...what do we do?

Below is an example of a timetable. You may like to create your own with things that you like to do. You will see that there are many different activities to choose from :-)

Each day, the aim is to get AT LEAST 60mins in. This may be spread out over the day or you may find that you do it in a one hour block.

You will also see at Recess and in Home Group there are "Movement" and "Mindfulness" times. These are placed in your timetable so that you have the opportunity to get up and simply move your body and mind throughout the day!

Don't forget that you can get your family members involved and do it together!

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|-------------------------|-----------------------|--------------------|---------------------|----------------------------|-------------------------|-------------------------|-----------------------|
| AM (before lesson 1) | Cardio Session 45mins | Yoga Online 30mins | HIIT Workout 45mins | Circuit Session 30mins | Yoga Online 30mins | Body weight 45mins | Create your own Dance |
| RECESS | Movement 5mins | Mindfulness 5mins | Movement 5mins | Mindfulness 5mins | Movement 5mins | Mindfulness 5mins | Movement 5mins |
| HOME GROUP | Mindfulness 25mins | Movement 25mins | Mindfulness 25mins | Movement 25mins | Mindfulness 25mins | Movement 25mins | Mindfulness 25mins |
| PM | Just Dance 15mins | Circuit 30mins | Yoga Stretch 15mins | Just Dance with fam 30mins | Create Your Own Circuit | Tip with sibling 15mins | Body weight 30mins |

Before each session you must do a 5-10min warm up and at the end a 5-10min cool down (this will be counted towards your 60mins of exercise).

WITNESS THE FITNESS

Warm up and Cool Down

Don't forget to Warm Up and Cool Down before and after each session to ensure you are ready for your activity and set your body up for recovery!

WARM UP:

5 minute jog on the spot followed by some dynamic (active) stretches to get your body prepared:



COOL DOWN:

A slow movement activity involving stretches. Make sure you keep your body moving slowly and don't stop abruptly!



WITNESS THE FITNESS *Challenges*

Challenges are a great way to gain momentum and have a goal! There are so many to choose from with the links below, or maybe you could create your own. Print it out or draw one up!

PINTEREST FITNESS CHALLENGES

[Click to access 100s of amazing workout challenges!](#)

DAREBEE CHALLENGES

[Click to access over 100 challenges!](#)

Whether you want to challenge your plank or your squats, there is something for you.

GET ACTIVE CALENDARS

[Movement Yearly Calendar](#)

[March Calendar](#)

[April Calendar](#)

**Or you could
create your own
like this!*



| | | | | | | | |
|-------|-----------|--------|------------|--------|------------|--------|------------|
| Day 1 | 55 SQUATS | Day 9 | 90 SQUATS | Day 17 | 130 SQUATS | Day 25 | 170 SQUATS |
| Day 2 | 55 SQUATS | Day 10 | 95 SQUATS | Day 18 | 135 SQUATS | Day 26 | 175 SQUATS |
| Day 3 | 60 SQUATS | Day 11 | 100 SQUATS | Day 19 | 140 SQUATS | Day 27 | 180 SQUATS |
| Day 4 | REST DAY | Day 12 | REST DAY | Day 20 | REST DAY | Day 28 | REST DAY |
| Day 5 | 70 SQUATS | Day 13 | 110 SQUATS | Day 21 | 150 SQUATS | Day 29 | 190 SQUATS |
| Day 6 | 75 SQUATS | Day 14 | 115 SQUATS | Day 22 | 155 SQUATS | Day 30 | 195 SQUATS |
| Day 7 | 80 SQUATS | Day 15 | 120 SQUATS | Day 23 | 160 SQUATS | | |
| Day 8 | REST DAY | Day 16 | REST DAY | Day 24 | REST DAY | | |

WITNESS THE FITNESS *Training Apps*



There are so many different Fitness and Training apps to use and they are full of ideas to get active from home. Please note that some of these only have free trials for approximately a week (they are noted with Free for a short period of time).

LES MILLS

Free for a short period of time and provides over 800 workouts

<https://www.lesmills.com/ondemand/>

NIKE TRAINING APP

Provides a wide range of different training services from Cardio to Yoga

<https://www.nike.com/ntc-app>

SWORKIT

Beginner, intermediate, advanced workouts. Free for a short period of time

<https://sworkit.com/>

QINETIC

A variety of workouts including pilates, HIIT, equipment and yoga workouts.

<https://www.qinetic.com/videos/classes>

CENTR

Chris Hemsworth at home training app currently has a 6 week free trial!
Free for a short period of time:

<https://centr.com/join-us>

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With Equipment

These workouts are designed for if you have equipment such as a bike! Or Sports Specific Workouts

WII

Do you have a Wii? Maybe you can jump on the Wii Fit and play some games!

BIKE

[Spin with Gabrilynn](#)

TREADMILL

You could make your own!

[A range of Treadmill workouts presented by Women's Health](#)

ROWER

[Decent Rowing](#)

VOLLEYBALL

Have a volleyball net? Maybe you could play with another member of your family!

SPORT SPECIFIC

Keep focused on your sport and try out some of the following workouts, skills, drills and games. You could also simply have a game in the backyard. Create your own workouts or have a look at the list below for some ideas:

FOOTBALL (SOCCER):

[Joner 1 on 1](#)

[Soccer Drills for Kids](#)

[Fast Feet Home Soccer](#)

BASKETBALL:

[Footwork Coach](#)

[I Love Basketball TV](#)

NETBALL:

[Netty Heads](#)

CRICKET:

[My Cricket Coach](#)

WITNESS THE FITNESS

HIIT Workouts

HIIT workouts are High Intensity Interval Training workouts and are designed to get your heart rate up and make you sweat! The best part is 95% of the time no equipment is required.

Always remember to warm up before you exercise and cool down after to ensure your body is prepared for the workout.

GROUPHIIT.COM

High Intensity training for all levels of fitness

<https://www.youtube.com/channel/UC>

DECK OF CARDS WORKOUT

All you need is a deck of cards and then follow the instructions!

<https://www.eatingbirdfood.com/full-body-deck-of-cards-workout/>

WITNESS THE FITNESS *Cardio Workouts*

FITNESS BLENDER

Free at home workout videos

<https://www.fitnessblender.com/videos>

POPSUGAR FITNESS

Wide range of Cardio Fitness Videos ranging from beginners and up

<https://www.youtube.com/user/popsugartvfit>

SKIPPING

Grab a skipping rope and get started!

Here are some great skipping combos

- How long can you skip for?
- Skip 1 min, rest for 30 seconds, repeat x10
- Create a skipping routine

<https://www.crossrope.com/blog/the-perfect-beginner-fitness-jump-rope-workout-routine/>

WOMEN'S HEALTH CARDIO EXERCISES

This link provides some great cardio exercises explained that you can create your own workout with:

<https://www.womenshealthmag.com/fitness/a22995307/cardio-exercises/>

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Body Weight Workouts

No equipment required! Simply choose an area to complete your workout.

POPSUGAR BODYWEIGHT WORKOUT

No equipment necessary!

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

WOMEN'S HEALTH BODYWEIGHT WORKOUT

<https://www.womenshealthmag.com/fitness/a23459931/bodyweight-workout/>

Or create your own workout by mixing up a set of different body weight exercises!

**Drop and give me 10 x push ups,
lunges, squats and crunches!*

WITNESS THE FITNESS

Dance Workouts

If you don't feel a little bit silly dancing by yourself in your living room then you're not doing it right! Enjoy moving your body to some of your favourite tunes or try some of the dances from the links below:

DO IT YOURSELF

- Put on your favourite tunes and move your body!
- Create a dance routine!

VALEOCLUB

Wide range of Dance Fitness routines

<https://www.youtube.com/channel/UCiH0P3Mca0wX4gf7x3b3oTw>

JUST DANCE

A huge variety of dance fitness

https://www.youtube.com/results?search_query=just+dance

THE FITNESS MARSHALL

Dance Fitness made fun

<https://www.youtube.com/user/TheFitnessMarshall>

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Yoga & Pilates Workouts

For all your Yoga and Pilates needs! Some of the following programs involve equipment, whilst others do not, for all levels and experiences.

COSMIC KIDS YOGA

Yoga for kids!

<https://www.youtube.com/user/CosmicKidsYoga>

YOGA WITH ADRIENNE

Yoga and Meditation videos

<https://www.youtube.com/user/yogawithadriene>

ALO YOGA

Yoga classes designed for all levels

<https://www.youtube.com/channel/UCJEi1foUiGObzzQM3QA2H5A>

YOGA CARDS

Printable Yoga Cards: Great for kids or do it yourself yoga combinations

<https://www.pinterest.com.au/pin/564357397049981135/>

BLOGILATES

Pilates that you can do at home! Check out the Playlist "Apartment Friendly Series"

<https://www.youtube.com/user/blogilates/featured>

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Improvisation Workouts

Here are some ideas to do in your backyard, home or pool if you have one!

BUILD YOUR OWN NINJA WARRIOR COURSE

The possibilities for this activity are endless!

- Use play equipment in your backyard to create a course
- Use objects such as sticks to jump over, ball to throw at the wall, table to crawl under etc. Create your course and see how many times you can complete it!

BIATHLON IN THE BACKYARD

You will need a pool for this one and a spot to run (you could even run on the spot!

- Set a number of laps to swim in the pool e.g. 20
- Set a number of laps to run in the backyard e.g. 10

See how many times you can swim and then run in 20 mins!

SYNCHRONISED SWIMMING

This can be done by yourself or with a family member!

- Create a synchronised swimming routine in your pool. You could even use music!
- Here is an example (maybe leave the lifts for the pros):

<https://www.youtube.com/watch?v=J7jiAKtOnXI>

AQUA AEROBICS

Create your own routines in the pool by using activities you'd normally do on land.

Try this out (repeat 5 times):

- 10 Jumping Jacks, 10 high knees, 10 circle arms (circle arms in water), 10 squat jumps

ROLL THE DICE

Pick an exercise for each number. When you roll the dice you must complete whatever it lands on! E.g.:

1. 20 x Jumping Jacks
2. 10 x Squats
3. 10 x Crunches
4. 20 x High Knees
5. 10 x Burpees
6. 10 x Push Ups

HOPSCOTCH

Create your own Hopscotch! And if you don't have chalk to draw it out, don't worry you can always imagine it by making up your own combination :-)

HANDBALL

Play handball against a wall!

WITNESS THE FITNESS STUDENT & PARENT *PE Resources*

Below you will see many different ideas and printable resources to keep all ages active. Some of these resources are amazing for younger children as well who may not have online access.

K-6 PARENT RESOURCE

[This document](#) includes fun ways to keep your child active! It has resources such as a movement calendar, dice, cards, games, activities and a timetable checklist

PE WITH JOE

Each day starting from the 24th March, Joe will be [uploading live workout](#) videos from his youtube channel. Follow the link for more details

SPELLING VOCABULARY LIST

Spell out your spelling list with [these exercises](#)

LETTER FITNESS

Spelling out words with a [variety of exercises](#)

OPEN PHYS ED RESOURCE PACK

[This resource pack](#) provides many different games and ideas for keeping active at home!

7 MINUTE ANIMAL HIIT

Great for young kids as they [explore shapes and movements](#).

ACTIVITY CARDS

Variety of exercises played in [card game format](#)

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Mindfulness & Meditation

Remember that you need to exercise your mind as well. Take some time out of each day to be mindful or partake in some meditation.

NEW HORIZON MEDITATION AND SLEEP STORIES

Great resource for all ages

<https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHLiNXg>

HEADSPACE FOR ALL AGES

Kids: <https://www.headspace.com/meditation/kids>

Everyone: <https://www.headspace.com/meditation-101/what-is-meditation>

SMILING MIND

Bringing Mindfulness to your everyday life

<https://www.smilingmind.com.au/>

CALM MEDITATION AND SLEEP APP

The #1 meditation and sleep app that you can try for free

<https://www.calm.com/>

IF MEDITATION JUST REALLY ISN'T YOUR THING YET

Do something you enjoy that takes you out of the moment and brings calm

- Play an instrument
- Do a puzzle
- Draw, paint, get creative
- Write a song
- Write a story
- Read a book