

Lealands High School
Physical Education Department Year 6 Transition Task




At Lealands High School we work on physical fitness in every PE lesson as it plays a very important role in all the activities we cover in the curriculum but also in your everyday life.

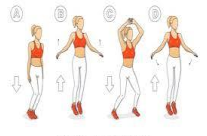

Look at the exercises in the table below. These are examples of the types of exercises you will use during your PE lessons during the first weeks of Year 7 to help develop your fitness.

How many of the below fitness exercises can you do in 1 minute? Once you have recorded your result for 1 minute in the table below, attempt the exercises for a second and third time. Try to improve on the number of repetitions you complete for each exercise.

You can complete this challenge three times in one week or as many times as you wish. This will help you to start to develop your fitness and understanding of the different types of exercises we use in Year 7 PE.

We look forward to welcoming you in September and offering you so many sporting opportunities.

Exercise Name	Illustration	How many can you do in 1 minute attempt 1?	How many can you do in 1 minute attempt 2?	How many can you do in 1 minute attempt 3?
Step-Ups with Knee Raise (left leg then right leg)				
Sit-Ups				
Hops (left leg, right leg or change when your tired on one leg)				

Jumping Jacks	<p>JUMPING JACKS</p>  <p><small>shutterstock.com • 161371496</small></p>			
Press-Ups				
Skipping	