

Core Muscles

In today's world, we will be working on exercises that target the core muscles.

The core muscles are the ones in the center of your body. They are used a lot in the world of an athlete.

Core muscles include the muscles in the pelvis, lower back, hips and abdomen (tummy).



Core Exercises



Core Capabilities



How can you train using your core muscles?

Try using your core muscles in three different ways now.

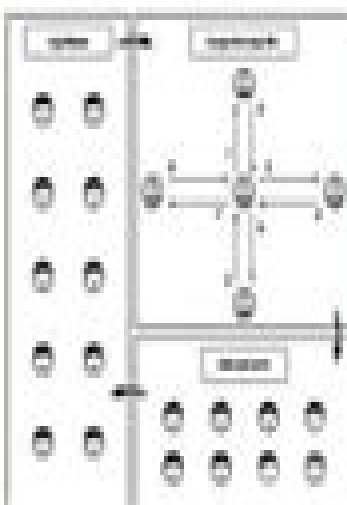
How can you train using your core muscles?



Quick Training Core Exercises

Exercise	Duration	Repetitions	Notes
Side Plank	30 seconds	10	Keep your core tight and your feet flat on the floor.
Plank	30 seconds	10	Keep your core tight and your feet flat on the floor.
Mountain Climber	30 seconds	10	Keep your core tight and your feet flat on the floor.
Dead Bug	30 seconds	10	Keep your core tight and your feet flat on the floor.
Bird Dog	30 seconds	10	Keep your core tight and your feet flat on the floor.
Superman	30 seconds	10	Keep your core tight and your feet flat on the floor.
Crab	30 seconds	10	Keep your core tight and your feet flat on the floor.
Side Plank with Leg Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.
Plank with Arm Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.
Mountain Climber with Arm Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.
Dead Bug with Arm Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.
Bird Dog with Arm Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.
Superman with Arm Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.
Crab with Arm Lift	30 seconds	10	Keep your core tight and your feet flat on the floor.

Area Plan: Core Muscles



Leg Raises

We can train our core muscles by doing leg raises. This exercise targets the lower abdominal muscles.

How to do it: Lie on your back with your knees bent and feet flat on the floor. Lift your legs up towards your chest, keeping your lower back on the floor.

Repeat: 10-15 times, 2-3 sets.

Notes: Keep your lower back on the floor. Do not lift your head or shoulders off the ground.

Benefits: Strengthens the lower abdominal muscles and improves core stability.

Modifications: For beginners, keep your knees bent. For advanced, lift your legs straight up.



Dish and Arch

We can train our core muscles by doing dish and arch exercises. These exercises target the lower back and abdominal muscles.

How to do it: Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards your chest, keeping your lower back on the floor.

Repeat: 10-15 times, 2-3 sets.

Notes: Keep your lower back on the floor. Do not lift your head or shoulders off the ground.

Benefits: Strengthens the lower back and abdominal muscles and improves core stability.

Modifications: For beginners, keep your knees bent. For advanced, lift your hips straight up.



Ks2 Pe Circuit Training

L Cohen

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the light blue bar.

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Practical Ideas, Games and Activities for the Primary Classroom Paul Barron, 2013-12-18 A collection of 150 unique games and activities to help support teaching of maths in the primary classroom Designed with busy teachers in mind the Classroom Gems series draws together an extensive selection of practical tried and tested off the shelf ideas games and activities guaranteed to transform any lesson or classroom in an instant Easily navigable allowing you to choose the right activity quickly and easily these invaluable resources are guaranteed to save you time and are a must have tool to plan prepare and deliver first rate lessons The Really Useful ICT Book Jill Jesson, Graham Peacock, 2011 Is a practical and easy to use guide to give you all the confidence you need to use ICT really effectively inside and outside the primary classroom It makes clear how ICT can be taught as a standalone subject and how it can be used easily and imaginatively to enhance teaching other subjects

Developing Creativity in the Primary School Jill Jesson, 2012-09-16 This informative book brings together theory research and practice examples of creativity in primary schools providing a scholarly yet accessible introduction The book offers an overview for teachers looking for a concise guide to current thinking about creativity particularly if your school is thinking of introducing or extending its practice The book considers recent developments in the creative curriculum and techniques embedded in approaches such as Philosophy for Children Mantle of the Expert and Enterprise Education Ideas for personalising teaching and creating independent and motivated learners are incorporated Other key features of the book include Examination of the major theories of creativity How to develop your own creativity as a teacher Focus on the difference between developing group and individual creativity Innovative ideas for creativity in subject teaching Practical examples and Creative Challenges throughout The book draws on the author's many years of experience of working with children in schools working on Creative Partnerships and Higher Education in the Arts HEARTS projects and ideas developed through working in initial teacher training This book is essential reading for students in the early stages of their teacher training course as well as for practising teachers looking for innovative ideas and guidance on developing creativity in themselves and their classrooms This is an interesting book which explores theory practice and policy of creativity in the primary classroom Jill Jesson links five key creative behaviours drawn together initially by then policymakers QCA with what she identifies as six areas of creative endeavour Primary teachers committed to developing a creative curriculum will find much material in this lively book that supports their personal and professional creativity as well as suggestions for classroom practice in developing individual and group work Professor Anna Craft University of Exeter and The Open University UK This is a compulsory read for all those interested in developing the creative potential of young people in primary schools It includes a useful overview of previous thinking on creativity and makes a convincing case for its importance across the curriculum Above all this book is jam packed with practical ideas Whether you are interested in creative approaches to maths or modern languages developing group or personal creativity or the challenges of assessing

creative endeavour you will find a host of strategies that have been tried and tested in the classroom Hilary Hodgson
Director Ormiston Trust Circuit Training Ronald Ernest Morgan,Graham Thomas Adamson,1957 Circuit Training
Manfred Scholich,1986 Presents a wide range of exercises to create circuit training programs especially suited to athletes in
different sports Circuit Training Ronald E. Morgan,Graham T. Adamson,1968 **Circuit Training** R. E. Morgan,1957

The Complete Guide to Circuit Training Debbie Lawrence,Richard (Bob) Hope,2015-10-13 The Complete Guide to
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leading authorities on the subject it is sure to continue as a must have for all fitness professionals Formerly published as
Fitness Professionals Circuit Training 2nd edition and now rebranded and in full colour in the Complete Guide series

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Details a physical fitness program which enables a large number of performers to train at the same time **Science**
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an established reference title on the subject for all group exercise instructors from trainees to the vastly experienced **An**
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Lewis,2017-04-22 Circuit training is a great way to build muscle and burn fat without spending half your time at the gym

every day In a circuit training workout you do one exercise for an allotted amount of time or reps and then immediately start the next exercise without a break When you complete one circuit of exercises you take a quick breather for 60 seconds and then do it all again Sounds challenging right It certainly is but that s exactly why it works so well Even people who have been weightlifting for years often find circuit training intense to start with but the results of circuit training speak for themselves One of the many advantages of circuit training is the simplicity of the exercises Many of them are based on using your own bodyweight This means that even if you don t have access to a gym you can still get in the best shape of your life with the workouts in this book Many of these circuits require no equipment at all and many others require nothing more than a pair of dumbbells or a barbell Workouts for the gym are also included so you can take full advantage of circuit training no matter what your situation This book includes the following Arm circuit workouts Leg circuit workouts Ab circuit workouts Upper body circuit workouts Full body circuit workouts Explanations on how to do each exercise With so many different exercises there s no reason to ever get bored with your workout routine and with 50 different routines in the book you can always switch from one to another to keep your workout fresh Several of the workouts include variations you can try whenever you want to either for variety or as an added challenge You can customize circuit training to your own schedule and experience level by working out once twice three times or more a week depending on your situation This book contains workouts for all three schedules so you can pick the one that works for you If you want to be fitter than ever before circuit training is the way to do it and this book will show you how Circuit Training Rachael Jefferson-Buchanan,2002

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