

Celebrating Fitness - 10 Minute Circuit



Elbow to Knee

Equipment Needed: None

Instructions

- Stand with your feet shoulder-width apart.
- Place both hands behind your head with your elbows bent.
- Raise your right knee as high as you can, balancing on the left leg.
- As you raise your knee, bring your left elbow diagonally across your body and try to touch your knee with it.
- Lower your leg and bring your elbow back to the starting position at the same time.
- Now, repeat on the other side by raising your left knee and cross your body with your right elbow.
- Repeat the movement on each side until the minute is over.

Tip Tip: Try to fully stretch up in between each elbow-to-knee movement.



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Standing Leg Lift

Stand with feet shoulder-width apart. Lift one leg straight up.

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Side Leg Lift

Stand with feet shoulder-width apart. Lift one leg straight out to the side.

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Plank

Start in a push-up position. Hold your body straight from head to heels.

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Sit-Up

Lie on your back with knees bent. Lift your head and shoulders off the ground.

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Burpee

Start in a plank position. Push up with your arms, then jump your feet back to the starting position.

Tip

Keep your back straight and your core engaged throughout the movement. Breathe in as you lower down and breathe out as you push up.



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Nick Beach, Julie Evans, Gary Spruce

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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 Navy Electricity and Electronics Training Series Richard Hall, 1996 Philosophy for Children Across the Primary Curriculum Alison Shorer, Katie Quinn, 2022-08-26 This is an easy to use theme based resource book for Philosophy for Children P4C practitioners in primary school settings It covers ten popular themes which include many current affair issues and enduring curriculum themes such as artificial intelligence biodiversity resilience and waste Each theme provides planning for every subject and links to the relevant English national curriculum expectations Offering ideas for a year s worth of work it can be dipped into for inspiration or used for step by step sessions There are links to video clips websites and stories that teachers and practitioners can use to base their concept exploration and enquires on Presenting a range of philosophical ideas activities and resources this book is essential for all primary P4C facilitators excited by embedding and exploring philosophy across the curriculum *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

The Really Useful ICT Book Jill Jesson, Graham Peacock, 2012 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

The Bloomsbury Handbook of Technology Education David Gill, Dawne Irving-Bell, Matt McLain, David Wooff, 2023-04-20 The Bloomsbury Handbook of Technology Education draws together international perspectives on contemporary praxis in technology education from philosophy to empirical research Through carefully commissioned chapters leading authors explore the fundamentals of technology education curriculum and pedagogy Chapters discuss technology education as it can be experienced by children and young people inside and outside of the classroom across the world as well as the importance of technology and the history and philosophical origins of technology education Carefully curated this is an innovative and exciting volume for students teachers teacher educators researchers lecturers and professors in technology education

The Really Useful Science Book Steve Farrow, 2006 This book has been designed to support and extend both teachers and students own knowledge and understanding of science using accessible language to explain ideas and concepts It will be of particular interest to those who are non specialists

Teaching English Andrew Goodwyn, Jane Branson, 2013-11-14 This handbook provides a comprehensive introduction to teaching English in primary and secondary schools It brings together the latest standards with authoritative guidance ensuring that readers feel confident about how to approach their teaching It explores the context of the subject of English and brings readers up to date with key developments placing the English curriculum in the context of whole school literacy issues It introduces readers to key areas such as planning and classroom management assessment recording and reporting information and communication technology equal opportunities special needs and differentiation English literacy and whole school issues personal and professional early career development This practical book gives new English teachers a solid and dependable introduction to teaching the subject Many of the contributors are practising classroom teachers with enormous experience to draw on The book is grounded in the realities of teaching and offers practical and relevant advice as well as plenty of ideas to stimulate thinking and teaching

Subject Catalog Library of Congress, 1979

Making Music in the Primary School Nick Beach, Julie Evans, Gary Spruce, 2010-12-16 An essential guide for teaching and learning music with the

whole class It provides a framework for successful musical experiences with large groups of children and is illustrated throughout with carefully designed activities to try out in the classroom The guidance in this book will help you support and develop children s musical experience

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