# Year 7 to 10 physical activity – lesson 2

View video at: <https://youtu.be/hPnEbOPLrJg>

## Video transcript

Hello everyone. Welcome back to lesson 2 of our learning from home physical activity lessons.

This lesson is going to be on cardiovascular endurance so cardiovascular endurance is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during continuous exercise. So to start off we're going to do a little bit of a cardio warm up so if you want to follow along with me we're going to start off just simply with butt kicks. We'll do 10 of these each side, excellent.

Alright moving on to our next activity is going to be high kicks so bring your knees up with a 10 each side again. Wonderful. Alright up next we've got star jumps, great job. Alright we're going to go for high skips so jumping up as high as you can maybe a 10 of these. Alright great job now we're going to get down onto the ground and do some bear crawls so take it nice and slow 10 steps. Alright wonderful. We're going to do 10 squats next.

Good job alright 10 lunges so nice and deep switching legs will go 5 each side. Alright we're going to get back down on the ground and do a push-up hold for 20 seconds to finish off 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20. Great job shake it all out. I'm going to come back for our main activity so go grab a drink and we'll meet back here.

Alright now that we're all warmed up we're going to move into our main activity so for this you're going to grab a deck of cards. Each card is going to correlate to a different exercise so if you pull out a spade that's going to be push up shoulder taps. If you pull out a heart that's going to be a shuttle run. If you pull out a club it's going to be squat jumps and if you pull out a diamond you're going to do burpees.

So to start off I'm going to demonstrate. I'm going to pull out the 9 of hearts so nine of hearts is going to be 9 shuttle runs so go from one side of the room to the other. 1, 2, 3…8 and 9.

Alrighty we're going to pull out our next card that is going to be the king of clubs. King is going to be 13. Now for clubs we've got squat jump so 13 squat jumps. Twelve and 13.

Alrighty moving on we're going to pull out our next card that is going to be the 6 of diamonds. So diamonds are burpees. We've got 6 burpees so going down push-up position 1, 2, 3, 4, 5 and 6.

Alright I’m going to pull another card and we have got the 10 of spades so 10 push up shoulder taps for this one. Push-up position going to tap to your opposite shoulder now this you can do it on your knees if you'd like.

Alright excellent job great job with that main activity now we're going to come and have a little bit of a challenge. Your challenge is to find an activity you can do for 10 minutes continuously. That can be skipping running dancing anything you can find to do around the house you can do that for about 10 minutes continuously you should feel your heart rate and your breathing rate come up. Go have a bit of fun with it we'll see you back here in 10 minutes.

Great job with that challenge activity now we're going to try and get our breathing and our heart rate down we've got some stretches we're going to do. So starting off we're just going to shake it out okay then we're going to swing our arms open up the chest do some arm circles like that.

Alright, now bending forward touching your toes stretch out your hamstrings. Alright next up we're just going to stretch to our side so this nice and slow. Alright one more bend forward going to lock our fingers together bending forward reach over your head. Alright excellent job shake it out one more time.

Alright now that we're all cooled down that's going to be the end of our lesson great job today. I look forward to seeing you all tomorrow.

**End of transcript.**