# Year 7 to 10 physical activity – lesson 3

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

## Video transcript

Welcome back to lesson 3 of our learning from home physical activity series.

Today's lesson is going to be on speed so speed is the ability to move all or part of the body as quickly as possible. We're going to start off with a pretty light warm up building up our speed to get ourselves ready for our main activity.

Okay to start off we're going to be just jogging on the spot we're going to do all of these activities for about 20 seconds so following along with me just jogging on the spot nice and light. Alright now that we're starting to warm up we're going to move on to our next which is a lunge walk so lunging nice and deep if you don't have much room you can turn around do it back and forth.

Alrighty up next we've got bounce so we're going to be jumping as far as we can landing on one foot if you've got the space you can do a few of these in a row if not turning around after each jump. Alrighty up next we've got fast feet so just like our jogging on the spot this time picking up the speed swing your arms to help alright and we're going to finish off with some knee hugs hug your knee pull it up to the chest.

Alright great job go and grab a drink and we'll meet back here in a couple of minutes.

Great job with our warm up now today's activity is going to be about speed and footwork so what I have set up with me here is an agility ladder I’ve made mine using tape you can use chalk draw on the ground just make sure you find a nice flat surface to work on. I'm going to give you a bit of time now to go away and set one of these up make sure there's enough space for at least 2 feet to fit in each box.

Alright to start off with this activity we're going to get to the end of our ladder and when we go 2 feet in each box so step 1 2 1 2. Alright now I want you to follow along with me we're going to go a little bit faster this time. Great job we’ll go back up.

Excellent alright now we're going to do a similar one this time sideways so it's in 2 feet in each box okay we're going to go along together now a little bit faster. Excellent job, alright next one this one's getting a little bit more tricky so we're going to go 2 feet in 1 foot out 2 feet in 1 foot out.

Alright we're going to go a little bit quicker this time…and back up.

Great job okay moving on we're going to be doing in and out so 2 feet in 2 feet out just like a star jump. Okay follow along with me we're going to go a bit quicker…and back up. Wonderful alright we're going to do a single leg in and out so pretty similar in out in out in out in. Okay following with me we're going to start with our dominant foot now switching legs on the way back alright we're going to do a pretty similar 1 foot in 1 foot out so it's in out in out in out in out following along with me going to go a bit quicker and switching legs.

Okay next up we've got the hip twist so jumping in the air we're going to twist right foot in left foot in following along we're going to go a bit quicker and back the other way alright we can get a 2 footed hop following along as quick as we can and back up same again this time single leg now along with me a bit quicker and switching legs on the way back.

Alright great job everyone now we're going to have a little bit of a drink break I'm going to come back for some extra activities.

Excellent job with that activity what we're going to do now come back for a bit of an extra challenge. Now we've got to put a bit of a twist on things to make them more difficult we're going to go back through so I want you to go back to the start of the video watch through all the activities but this time we're going to do it backwards to start off with and then we're going to try it with our hands on our head or our arms crossed to take out the effect of our arms being out of sync.

So starting off we're going to go backwards so first activity was 2 feet forwards we're going to go 2 feet in each rung of the ladder and do that up and back and then we're going to go through all of the exercises we did but backwards. Once we've done that you're going to try that hands or head or arms across the body. So hands on our head 2 feet in each rung or arms crossed. So I'll give you a bit of time now to go back through the video and try those exercises while you're doing them think about the effect of your arms swinging and how that helps your feet to move quicker. Alright I’ll give you time to do that now then we'll come back for a drink break and then do our cooldown.

Excellent job with those ladder exercises so what we're going to do now is a little bit of a cool down so starting off with just some static stretching. So if you want to grab a towel or a mat anything more comfortable to lay on you can do that.

So starting off with a pigeon pose and get down have your leg across like this keeping the chest up so you should feel a bit of a stretch through the outside of the leg. You're going to hold these stretches for about 20 seconds each side the longer you hold it the further you can lean in. Alright we're going to switch sides same thing again make sure we keep taking deep breaths and when you exhale lean a little bit further into the stretch. Alright wonderful moving on to our next stretch what we're going to be doing is a cobra pose so on our stomach you know that your hips drop to the floor chest and head up and when we do this you can twist side to side feel a little bit more of a stretch.

Alright wonderful now for this next one standing up we're just going to touch our toes so bending forward as far down as you can and once again big inhale and when you exhale folding that little bit further forward see if you can get your hands to the floor that's easy do your fists if that's too easy try and get palms flat.

Alright great job. Okay moving on to our next one we're going to do a lunge hold so bring your knee down make sure we keep our chest up should be feeling a bit of a stretch through your front hip if you want to you can raise up the arm on the side of the knee that's on the ground wonderful switching sides same thing again reach that arm up nice and high feeling that stretch across the front.

Alright to finish off we're doing a quad stretch so you can go on your side grabbing your top leg pulling it back like this now you should be feeling the stretch across your quads at the front of your leg pull that leg back further to feel more stretch good there and we'll switch sides same again that bottom leg nice and flat top leg pulling it back.

Alright that's the end of our lesson great job today hope you enjoyed and see you all tomorrow.

**End of transcript.**