# Year 7 to 10 physical activity – lesson 5

View video at: <https://youtu.be/G2q3TZcHRck>

## Video transcript

Hello everyone. Welcome back to lesson 5 of our physical activity learning from home series.

Today's lesson is going to be on muscular endurance. So muscular endurance is the muscle's ability to contract as efficiently as possible for as long as possible.

Now to work this we're going to be doing a little bit of a cardiovascular circuit we're going to start off with a warm up just doing some yoga so if you want to join along with me standing sideways reaching up to the sky bend forward hang nice and loose walking out into a push-up. From there hips come to the sky we're going to pedal our feet side to side. Great job coming through that push-up position we're going to go head to the sky. Twist side to side okay now we're going to bring our left foot forward to our hand nice deep lunge. From there left arm comes up reach as high as you can and each time going a little bit further. And our last one here we're going to reach as far as we can wonderful.

Alright right knee to the ground straighten out our left and keep leaning forward feet together and standing back up. That's our first cycle we're going to go through again this time targeting the other side. Reaching up bending forward, excellent. Walk out into that push-up hips up to the sky pedal the feet chest through head up to the sky again right foot forward this time deep lunge.

Okay with our right hand reaching up once again each time getting a little bit further a bit more of a stretch. Okay left knee down straighten the right leg feet together and standing back up.

Alright now that we're warmed up I'm going to give you a bit of time now to go grab a drink and get ready for our circuit coming up next see you in a little bit.

Great job with our warm up we're going to get into our main activity now. So what you need is a coin and a dice they are going to dictate what exercises we do for this circuit. So you're going to flip a coin heads is going to be an upper body activity and tails is going to be a lower body then we're going to roll our dice and the number we get is going to dictate which exercise we do from that list. So getting a number 1 and a heads is going to be overhead press our number 2 is going to be upright row number. 3 is going to be a chest press. Number 4 bent over row, number 5 is lateral raises and number 6 is going to be a push-up hold for 30 seconds if we get a tails that's going to be lower body activity. Number 1 is going to be a squat hold so holding the squat for 30 seconds. Number 2 skier jumps so you're going to jump side to side as far as you can. Number 3 20 seconds of high knees number 4 is an ab cycle. So on your back we're going to cycle our feet like we're on a bike. Number 5 20 seconds of fast feet. Number 6 going to be burpees.

Alright so to demonstrate I’m going to flip my coin I’ve got heads roll my dice. I’ve got a number 3 so that's going to be our chest press so we're going to do 15 reps of this exercise.

Alright I’m going to give you 5 minutes to go to the activity you're going to have a drink break do another 5 minutes and then we're going to come back together and regroup right good luck.

Alright I’m going to try a second activity now so flipping the coin. Got heads again and we've got number 4 so that's going to be our bent over row so for all of the activities that don't have a time it's going to be 15 reps so bending over 2, 3, 4, 5, 6, 7, 8..14 and 15.

If you want to make these activities any more tricky you can grab something like a water bottle or a little bit of a weight that you can use. Great job with our main activity there our circuit for an extra challenge.\

What I'm going to get everyone to try and do is come up with 6 new exercises for the upper body and 6 new exercises for the lower body then you're going to go for another 5 minutes and try that circuit again using our coin and dice. Best of luck I'll see you back here in 5 minutes.

Excellent job with that circuit we're going to take a little bit of time now just to calm ourselves and lower our heart rate so if you want to find a mat or a towel to lay on making ourselves nice and comfortable 1 hand on your chest the other on your stomach. We're going to focus on our breathing to begin with so deep breath in feel the stomach rise and yeah feel that stomach fall. I'm going to take 3 more deep breaths last one.

Alright for our next activity what we're going to do is squeezing our muscles starting from our feet working our way up our body going to start with our lower leg once we squeeze it we're going to keep it squeezed then we're going to squeeze our upper leg then our full legs are going to be squeezed keep working up the body keeping the whole body nice and tight and then right at the end we'll do a big release and let all the tension go from our bodies. So following along with me I’m going to squeeze our lower leg so you can point your toes.

Okay on the inhale we're going to squeeze our upper leg and exhale keep squeezing everything on the next inhale squeezing our glutes and hips. Next inhale it's going to be abs and back. Next inhale is going to be chest and shoulders. Next inhale is going to be our upper arm keeping everything nice and tight. Next in here we're going to squeeze our fists flex those lower arms. Last inhale it's going to be our face muscles keep everything squeezed one more inhale and on this next exhale we're going to relax everything. Three more deep breaths just like this let all the tension leave the body make sure everything's loose and relaxed. One more breath.

Alright our heart rate should be coming back down to normal now great job with today's lesson I’ll see you tomorrow.

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