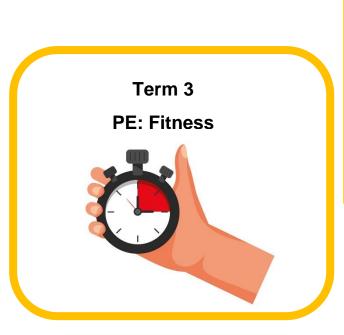
Maple Class- Fitness

- Strength, Stamina, Speed and Suppleness
- Fitness testing- including Sit and reach; forearm plank, Illinois agility test, speed, Sprint test, MSFT (Multi-stage fitness test).
- Re-test at the end of the term.
- Circuit training
- Hiit workouts
- Yoga/Pilates
- Gym based group
- Plyometric
- Endurance- Fartlek training
- Heart rate measuring
- Setting own training plan



Main Learning Intention

- For all learners to explore a variety of fitness activities, and consider these for outside of school.
- To engage in social skills including turn taking, passing resources, and interactions with their peers.
- For some learners to learn about different muscles and how we can develop them.
- To learn about how they can measure and track their fitness.
- ✤ To explore creating their own training plan.

Optional Home activities:

- ✤ Measuring heart rate
- ✤ Walks, runs, swims, cycles.
- Gym workouts
- YouTube Videos:
- Yoga- Yoga with Adriene
- Pilates- Jessica Valant Pilates
- Hiit Workouts- The Body Coach TV by Joe Wicks