

ISLAND SCHOOL
YEAR 7
HEALTH & WELLNESS

YOU'RE THE FUTURE

WHAT WILL YOU BE DOING IN TERM 2?

ADVANCED MOVEMENTS

- Raised Front Plank
- Side Planks (Left side & Right side)
 - Vertical Jump & Landing skill
 - Hand Release Push Ups
 - Air Squat (to a target)
 - Medicine Ball Push
 - Cardio Assessment

RAISED FRONT PLANK

- Gold – 3 minutes
- Silver – 2 minutes
- Bronze – 1 minute

Once any part of your body touches the ground the clock will stop.

The time cap is 3 minutes



SIDE PLANK (LEFT SIDE & RIGHT SIDE)

- Gold – 90 seconds LEFT side & 90 seconds RIGHT side
- Silver – 60 seconds LEFT side & 60 seconds RIGHT side
- Bronze – 30 seconds LEFT side & 30 seconds RIGHT side

Once any part of your body touches the ground the clock will stop



VERTICAL JUMP & LANDING SKILL

- Gold – to a certain height
- Silver – to a certain height
- Bronze – to a certain height

However I want to focus on the technique of your jump and the landing aspect



HAND RELEASE PUSH UPS

- Gold – 50 reps
 - Silver – 40 reps
 - Bronze – 30 reps
- 60 seconds on the clock -

- MUST see 'daylight' between your hands and the floor
- Much harder & easier to record your score after 60 seconds



AIR SQUAT (TO A TARGET)

MEDICINE BALL

- Gold – 70 reps
- Silver – 60 reps
- Bronze – 50 reps
- 60 seconds on the clock –
- I will show you the demonstration



MEDICINE BALL PUSH (TO A TARGET)

- Gold – 20 reps
 - Silver – 15 reps
 - Bronze – 10 reps
- 60 seconds on the clock –
- You will be performing 2 movements (the squat into an overhead press) while pushing the ball to a target
 - I will show you the demonstration



CARDIO ASSESSMENT

‘Giggle Gaggle’

- 30 seconds on – 30 seconds off
x6 sets

15 meters sprints

(size of the basketball court)

- The clock will continually run -

- Gold – x70 reps
- Silver – x50 reps
- Bronze – x30 reps

(Reps are total over the x6 sets)



**LET'S
GET
EXCITED**

YOU'RE THE FUTURE