

KS3 DAILY WORK OUT – IN DOOR EDUCATION

Hi Boys,

As you are not in school and are missing my fantastic Outdoor Education Lessons I would like you to keep fit and healthy by doing the following work out every day. I suggest doing it in the mornings.

- 5 Press Ups
- 5 Sit Ups
- 5 Star Jumps
- Walk up and down the stairs 5 times
- 5 Burpees
- Short run

REPEAT 3 TIMES

If you are unsure what these exercises look like, ask an adult in your home to show you.

If this set of exercises is too hard then do a lower number.

If it is too easy to a larger number.

Each day try to do a bigger number than the day before.

Please keep a written record of the exercises you complete each day.

Good luck

Jason