

# WARRIOR FITNESS TRAINING

## Weekly theme: Fitness

Activity Aim: Complete your chosen level of the Warrior Fitness Training as quickly as you can.



### How to play

1. Find a safe space, indoors or outdoors.
2. Choose a Warrior training Level 1-5.
3. Press 'start' on your timer, when you are ready to take on the Level.
4. Complete the 4 exercises listed below (modified versions are included too).
  - **20** Star Jumps OR replace the jump with a side stepping star.
  - **10** Squat Jumps OR remove the jump and do a normal squat.
  - **20** Mountain Climbers (in the bear crawl position, alternate knees to chest) OR stand up and do high knees.
  - **10** Tummy twists (Sit on your bottom, with heels on the floor. Only moving your upper body, swing your arms round from left to right, touching the floor either side.) OR sit on a chair and alternate cross body air punches.
5. Record the time and level of each attempt.

### Where to do this

Anywhere, ensure the space is clear of any obstacles or objects that are easily damaged.

### What equipment is needed

Timer (tablet, phone or stop watch). A gym mat or towel is optional.

### Who can get involved

You can do this on your own, as a pair or with your family or class.

Complete the level most suitable for you

### Level 1

Complete 1 round in the fastest time possible.

### Level 2

Complete 2 rounds in the fastest time possible.

### Level 3

Complete 3 rounds in the fastest time possible.

### Level 4

Complete 4 rounds in the fastest time possible.

### Level 5

Complete 5 rounds in the fastest time possible.

Submit your results by 14 June using this form [bit.ly/VSSG2020](https://bit.ly/VSSG2020)



#VirtualSSG2020

# LEVEL UP

Make up a more creative and interesting version of this Activity and get an adult to share your Level Up idea on Facebook or Twitter tagging @ActiveSchoolsAS (ActiveSurrey on Instagram) using #VirtualSSG2020.

Ensure Active Surrey are tagged and the #VirtualSSG2020 has been used for the chance to win a £20 Amazon voucher - one Level Up idea will win each week.

Use the STEPS Principle below to change the Activity. Changing one or more of the five STEPS is a great way to turn an activity into something new or more suitable for you.

**S = Space**      **T = Task**      **E = Equipment**      **P = People**      **S = Speed**

## How can the School Games Values be displayed ?

The Surrey School Games encourages young people, families, schools and communities to think about what the Values mean and how you can embody and display them in your activity?



## Using STEPS, the below Level Up idea has been suggested. What creative ideas do you have?

Why not make your fitness training a little harder?

Add a weight to increase your strength and fitness. You could use a can of baked beans, a water bottle or come up with an alternative suggestion.

Be creative and you could be in with a chance to win a £20 Amazon voucher each week.