



## Development Squad TAKEOVER – Week 12

### Key:

ES = each side      EP = each position      opp= opposite      EL = each leg  
Skipping = with or without rope (pretend holding it)      ED = each direction

### This week!

Keep up the Joe Wicks Daily Workout at 9am.

The kids split into groups and designed the workouts (including the warm up), I think most of the squad had the opportunity to contribute this week.

**Challenge** taken from @MrJaggsPE: (Mat or carpet recommended)

Count how many times you can go from your knees to a squat position and back again in 60s. Try to alternate which leg you lead with.

- You're not standing up! You are trying to go straight into a squat from kneeling.

### Daily Warm Up – before every session below. Lucy F, Meadow & Zara

45s Jogging, 45s Jumping Jacks, 45s Heel flicks, 45s High knees

30s Squat jumps, 30s Mountain Climbers

4x EL Spiderman + slight bend in back knee

4x High Crab – Low Crab (“Seat” position keeping bottom off floor, legs straight)

6x Cat – Camel (Happy Cat/ Angry Cat)

2x Complicated twist

### Daily Cooldown stretches (After every session below!)

3x EP Cow – Cat (Cow- a lunge with hands on the floor pushing hips towards floor look forwards, then Cat- push hips up straightening both legs aiming to feel stretch in front leg)

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

4x ES Scorpion

4x ES Reverse Scorpion – try to keep leg straight and touch your hand

3x ES Streamline Childs Pose – reaching to both sides

Reminder DAY 7 is a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





## Day 1 – Strength Alex, Alice, Ashleigh & Declan

5x (10s rest between exercises, 30s between rounds)

20x Squats

15x Press Ups (Best Quality! – if you need to do them on your knees to keep your elbows tucked and back straight then do)

20x Leg Raises

15x Sit Ups

20x ES Russian Twists

Plank finisher after 5 rounds completed – Hold for as long as possible aiming for at least 60s.

## Day 2 – Core Eliza, Lucy D & Lori; Animal Movements Jenn

3x (10s rest between exercises, 30s between rounds)

15x Leg Raises

25x Crunches

10x Plank Up Downs

20x Deadbug

10x EL Bulgarian Split Squat (Like a split squat but back foot raised on a chair/ sofa etc. front leg toes pointing forwards, keep weight on front foot, knee in line with ankle as you lower)

10x Prone IWYT

10x Glute Bridge

10x EL Flutter Kicks

2x (20s rest between exercises)

5x ES Lateral Gorilla walks (Gorilla walk meets side skips - straight legs, hands on ground move side ways with legs side skipping)

5x ES Flat footed Duck Walk (stay in a low squat as you “walk” making sure your heels land on the floor each time)

5x ES Side Monkeys (starting in squat reach to the side with your hands and kick your legs up and over returning to a low squat <https://www.youtube.com/watch?v=mu5RzS0hjzw>)

## Day 3 – Mobility (Coach Led)





## Day 4 - Strength **Ava, Eva, Isla, Joel, Olivia**

2x (10s rest between exercises, 30s between rounds)

2min Progressive running on spot (start jogging finish sprinting)

15x Press Up (Level 1: Normal, Level 2: + Rotation)

10x Glute Bridges

10x Squat Jumps

10x Leg Raises (Level 1: Single Leg, Level 2: Double leg)

8x Swimmer Crunches

30s Mountain Climbers

30s Slow Mountain Climbers (focus on controlling hip position/ core)

## Day 5 – Core **Eliza, Lucy D & Lori**; Animal Movements **Jenn**

3x (10s rest between exercises, 30s between rounds)

15x Leg Raises

25x Crunches

10x Plank Up Downs

20x Deadbug

10x EL Bulgarian Split Squat (Like a split squat but back foot raised on a chair/ sofa etc. front leg toes pointing forwards, keep weight on front foot, knee in line with ankle as you lower)

10x Prone IWYT

10x Glute Bridge

10x EL Flutter Kicks

2x (20s between exercises)

5x ES Lateral (Skater) Jumps (Jump from one foot to the other foot, hold balance on one leg with knee bent between jumps)

5x Bear to Crab + Crab to Bear (remember to lift opposite hand & foot and follow the way your body wants to twist!)

5x EP Downdog – Plank – Seal

## Day 6 - Mobility (**Coach Led**)

