

Moving with Squeezy

To help learners understand the positive benefits of exercise and how it doesn't need to take a lot of time.

Ages

11-18 Years Old

Duration

20 Minutes

What You Need

A stopwatch, fitbit or mobile phone to count steps.

Learning Objectives:

- All learners should be able to identify that the more steps you can do in 30 seconds, the fitter you might be.
- Most learners should be able to explain how competing against others can motivate you to do better.
- Some learners try to reflect upon the benefits of short duration, high intensity workouts.

Activity:

Welcome to 'Get moving with Squeezy'. 'Interval exercise' and 'high intensity workouts' promote positive impact of short and fast physical movement, getting the heart pumping and blood flowing. This not only improves physical fitness but also mental wellbeing. Take a look at the video links below to watch some examples of high intensity workouts.

<https://www.runloop.com/seconds-interval-timer/joe-wicks-body-coach>

<https://www.shape.com/fitness/workouts/hiit-workout-tones-30-seconds>

Learners must work in small groups, pairs or individually, competing to see whom can measure the most steps on there device within 30 seconds. Learners can use a stopwatch, fitbit or a step counter app to measure steps. Learners will get three chances to measure steps in the hope they are able to improve the result each time. Once completed they will share results with each-other.

In groups, pairs or individually learners will then work on creating their very own 'high intensity workout' plan. Learners need to think about what other body movements they could do, count and measure within a 30 second period and how many times they would need to repeat them to feel as though they have had a good workout.

Reflection:

After the session reflect on how learners felt after the high intensity interval exercise. Also how they feel this approach can be beneficial compared to other forms of exercise or sport.

