

Power Skills



Heart Health for Life

Build your strength, endurance and flexibility

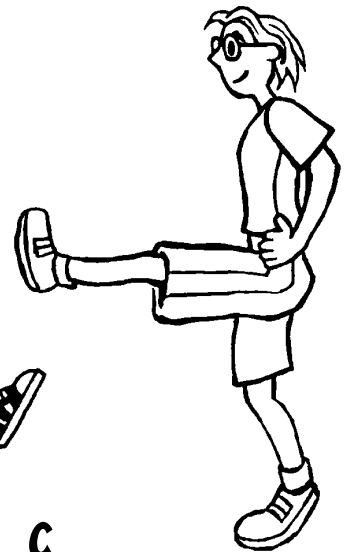
Ready

- Important! Warm-up for 2-3 minutes by doing some walking type activities then some light stretching before you start.
- To prevent injury, start with the easier versions. Over time work towards doing the difficult moves.



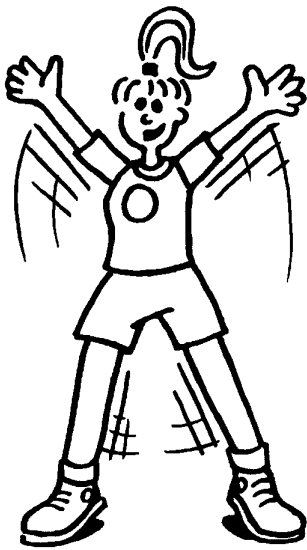
b

8 Side Kicks - left then right leg - 8 counts



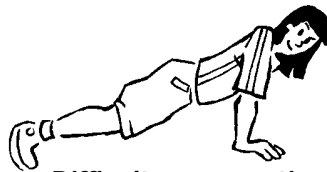
c

Front Free Hold Leg Hold - 4 counts



a

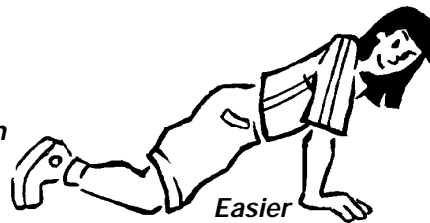
Jumping Jacks - 16 counts



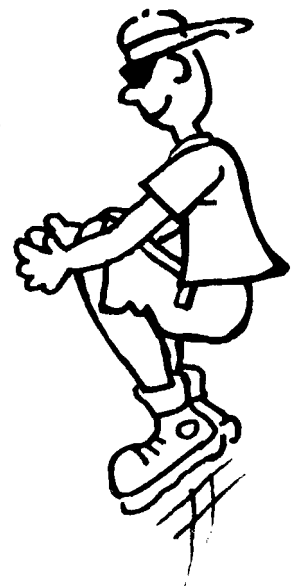
Difficult - use caution

d

4 Push-ups - Keep back straight - 4 counts



Easier



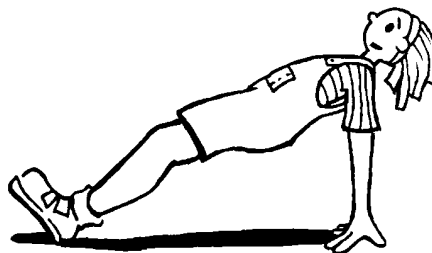
g

1 Tuck Jump - 1 count



e

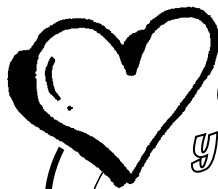
Pancake - Hold - 4 counts



f

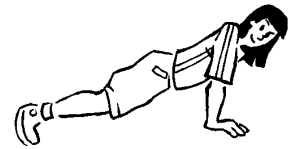
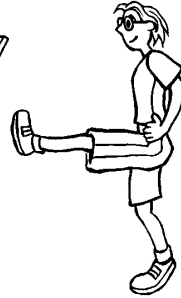
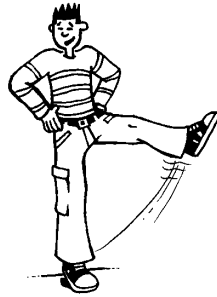
Back Support - Hold - 2 counts

PowerSkills



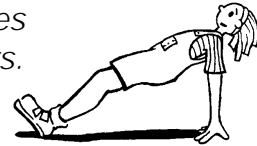
You are exercising your heart if:

- Your heart is beating faster.
- You are sweating.
- You can hear yourself breathe.



Set!

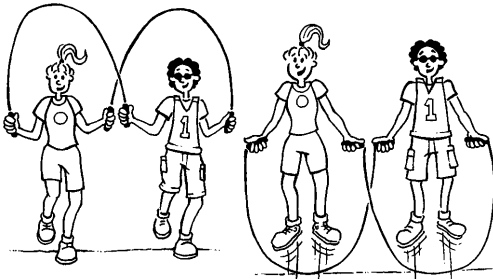
- Practise these moves in sequence.
- Create interesting ways to connect the moves so your routine flows.
- The counts should be at a speed that you can safely do the moves.



Skipping for Fun n' Fitness

Skipping Twins

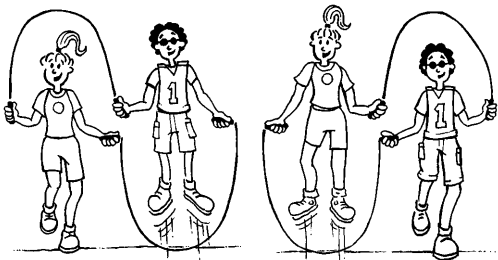
Partners turn their ropes at the same time.



Skipping Wheel

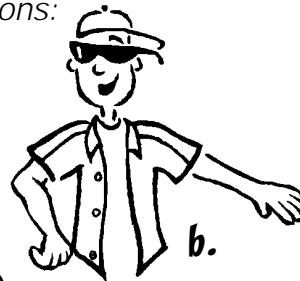
Partners turn their ropes at alternate times. Start with the right rope at the back. On a cue (Ready, Set, Go!), the turners begin to turn the right rope (in their right hands), then the left rope and continue to alternate.

Tips - Try it without a rope at first. Then try it with just the right rope and then just the left rope. Put it together! It should feel like a "swimming motion".



GO!

- Polish your routine to music and repeat the sequence for the length of the song.
- Work in groups of 2, 3 or 4.
- Create interesting formations.
- Try different arm positions and motions:



Heart Leaders!



Practise your routine and be physically active every day. While exercising, count how many times your heart beats in 10 seconds. Multiply by 6 to get your exercising heart rate. Create a chart and track your heart rate for a few weeks. Do you notice any difference?