



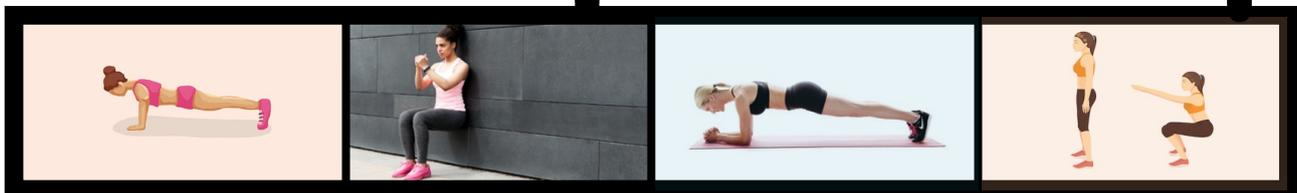
FITS A KNOCKOUT

YOU VS. YOU EXERCISE LOG

NAME:

#FITSACKNOCKOUT #STAYINWORKOUT

Complete the **Fits a Knockout** exercise log, record your Personal Best scores and complete the survey to be in with a chance of winning 1 of 5 **£20 Nike vouchers!**



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Important Safety Measures:

There are some small steps you can take to reduce the chance of problems occurring when you are exercising in and around the home.

Make sure:

- There is enough space around you before starting an activity
- To prepare the space by clearing away unnecessary clutter
- To wear appropriate clothing/footwear for the activity (e.g. PE kit)
- The level chosen is appropriate for you/your child's physical and mental limits
- All activity is focused on achieving your/your child's personal best - rather than being compared to others
- To stay hydrated - have water to hand



WELCOME TO...



The Coventry, Solihull and Warwickshire School Games 'Fits a Knockout' competition is coming soon, and is open to students in Years 9, 10 & 11. This resource is **not a competition**, but is instead based on 'you vs. you'. Take a look at the challenges in this booklet, and have a go! Use the relevant QR code videos for support with each challenge, and if you would like to adapt the challenge to better fit your fitness level, take a look at Page 13 for alternative challenge ideas.

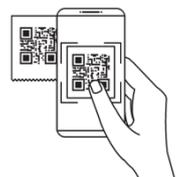
The challenges on each page are those that will be used as part of the competition on return to school, so challenge yourself where possible to work towards those versions of the challenge - use the adaptation ideas to ease yourself in if you need to.

This log book will allow you to practice, improve and track your personal scores in preparation for the competition - GOOD LUCK!

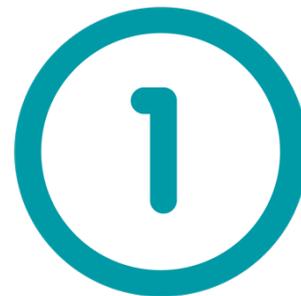
- Step 1** - Attempt each challenge once and record your Personal Best using the recording sheets.
- Step 2** - Watch the videos for support and read the key points to improve your technique.
- Step 3** - Practice, practice, practice! This will help to improve your endurance.
- Step 4** - Attempt the challenges again and try and beat your scores.
- Step 5** - Complete each challenge 10 times, and highlight your Personal Best scores.
- Step 6** - Populate the 'Personal Best' page with your personal best score for each challenge.
- Step 7** - Use the 'Remix Your Workout' sections to challenge or deliver a session to friends/family.
- Step 8** - Share an image of your completed workout log - using the survey link on page 14 - to be in with a chance of winning a £20 Nike voucher!

The closing date for this competition is Friday 26th March, so please ensure you complete your exercise log and submit your photo before this date!

To scan the challenge QR codes, open the camera on your phone and hold it over the QR code - as shown in the image. A link will pop up at the top of your screen, which you simply need to click to be taken to the relevant web page.



FITS A KNOCKOUT



CHALLENGE : PRESS-UPS

This challenge is made to test your **muscular endurance**.
How many **press-ups** can you complete in **60 seconds**?

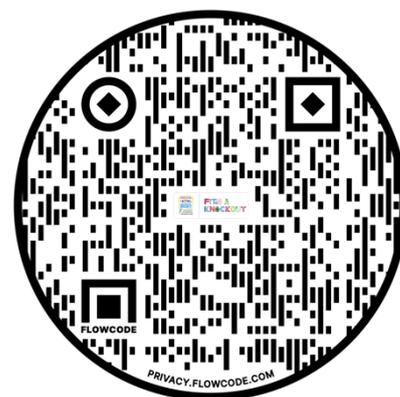


IMPORTANT:

Don't forget to warm up. Which muscles do you need to warm up for the press-up action?

Key points:

- Ensure your hands are a little more than shoulder width apart - not too wide.
- As you lower yourself into the press-up, your chest must drop below your elbows - creating a 90-degree angle at the elbow.
- Your arms must then straighten fully at the top of your press-up.
- See the video for support using the QR code.



How to score the challenge:

The total number of press-ups you complete in 60 seconds will be your score. Incorrect press-ups will not be counted towards your score. If you stop or lose form, the timer will continue and you can carry on when you are ready!

Check out Page 13 for challenge adaptation ideas!



RECORDING SHEET



How many **press-ups** can you complete in **60 seconds**?
Use the boxes below to record your challenge attempts.

ATTEMPT NUMBER

1 2 3 4 5 6 7 8 9 10

--	--	--	--	--	--	--	--	--	--

Highlight your best score!

“Excellence is the gradual result of always striving to do better.”

- Pat Riley

REMIX YOUR
WORKOUT...

Work with a friend - how many press-ups can you do between you in 60 seconds?



FITS A KNOCKOUT

2

CHALLENGE : WALL SIT

This challenge is made to test the **muscular endurance** in your **legs**.
How long can you hold the **wall sit** position?

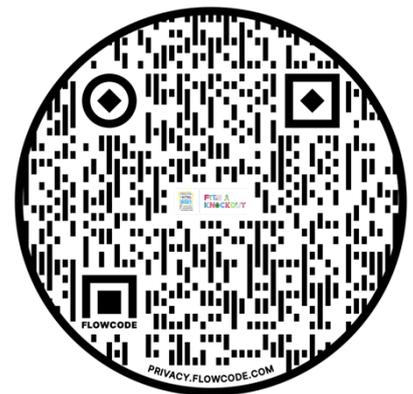


IMPORTANT:

Don't forget to warm up. Which muscles do you need to warm up for holding the wall sit position?

Key points:

- Find a wall with a relatively smooth surface.
- Ensure the floor is dry.
- Stand with your back against the wall and slide down into a sitting position, with your feet flat on the floor, and your knees bent at a 90-degree angle.
- Hold this position for as long as you can.
- See the video for support using the QR code.



How to score the challenge:

This is a timed challenge. The clock will stop once you lose the wall sit position, and should be timed to 1 decimal place (e.g. 24.6 seconds).

Check out Page 13 for challenge adaptation ideas!



RECORDING SHEET



How long can you hold the **wall sit** position?
Use the boxes below to record your challenge attempts.

ATTEMPT NUMBER

1 2 3 4 5 6 7 8 9 10

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Highlight your best score!

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

- Michael Jordan

REMIX YOUR
WORKOUT...

Lead a fitness session with one or more family members!



FITS A KNOCKOUT

3

CHALLENGE : THE PLANK

This challenge is made to test your **muscular endurance**.
How long can you hold **the plank** position?

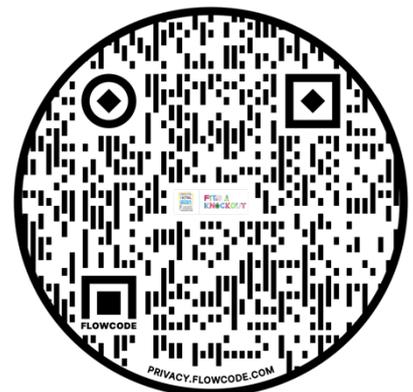


IMPORTANT:

Don't forget to warm up. Which muscles do you need to warm up for holding the plank position?

Key points:

- Lie face down with your forearms on the ground, shoulder-width apart.
- Lift yourself into the plank position so that only your forearms and toes are on the ground.
- There should be a 90-degree angle at the elbow.
- Maintain a straight line with your body from head to heel for as long as you can.
- See the video for support using the QR code.



How to score the challenge:

This is a timed challenge. The clock will stop once you lose the plank position, and should be timed to 1 decimal place (e.g. 15.7 seconds).

Check out Page 13 for challenge adaptation ideas!



RECORDING SHEET



How long can you hold the plank position?
Use the boxes below to record your challenge attempts.

ATTEMPT NUMBER

1 2 3 4 5 6 7 8 9 10

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Highlight your best score!

“It’s hard to beat a person who never gives up.”

- Babe Ruth

REMIX YOUR
WORKOUT...

Challenge a friend - who can hold the plank position for the longest?



FITS A KNOCKOUT

4

CHALLENGE : SQUATS

This challenge is made to test the **muscular endurance** in your **legs**.
How many **squats** can you do in **60 seconds**?

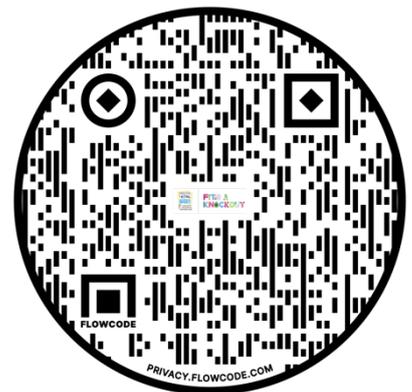


IMPORTANT:

Don't forget to warm up. Which muscles do you need to warm up for a squat?

Key points:

- Stand with your feet shoulder-width apart.
- Keeping your feet flat on the floor, squat down until your knees are bent at 90-degrees.
- Stand back up to complete 1 full squat.
- Put your weight backwards - your knees should not move forwards past your toes, and the movement should be controlled.
- See the video for support using the QR code.



How to score the challenge:

The total number of reps you complete in 60 seconds will be your score. Incorrect squats will not be counted towards your score. If you stop or lose form, the timer will continue and you can carry on when you are ready.

Check out Page 13 for challenge adaptation ideas!



RECORDING SHEET



How many **squats** can you do in **60 seconds**?
Use the boxes below to record your challenge attempts.

ATTEMPT NUMBER

1 2 3 4 5 6 7 8 9 10

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Highlight your best score!

“If you can believe it, the mind can achieve it.”

- Ronnie Lott

REMIX YOUR
WORKOUT...

Organise a Zoom workout session
with friends!



FITS A KNOCKOUT

Use the blank challenge card to **SELECT YOUR OWN** final challenge.

Top Tips when creating your own 'Fits a Knockout' challenge:

- Select an active challenge that can be completed easily without much/any equipment.
- Select a body weight-based exercise that fits well with the previous 4 challenges.
- Research your challenge and fill in this template to match the previous challenge cards.
- Can you do a support video to demonstrate? Make sure you have consent to make and share this.
- Make your instructions simple but clear.
- Practice your leadership skills by leading this challenge with a family member.

CHALLENGE :

This challenge is made to test
 How many/how long:?

Key points:

-
-
-
-
-

Diagram:

IMPORTANT:

Don't forget to warm up. Which muscles do you need to warm up for _____?

How to score the challenge:



RECORDING SHEET

Use the blank recording sheet to **COMPLETE YOUR OWN** final challenge.

.....?
Use the boxes below to record your challenge attempts.

ATTEMPT NUMBER

1 2 3 4 5 6 7 8 9 10

--	--	--	--	--	--	--	--	--	--

Highlight your best score!

REMIX YOUR
WORKOUT...



ADAPTATION IDEAS

Below are a couple of variation ideas for each challenge.
Fill in box 5 with variations you could use for the challenge you selected.

1

PRESS-UPS



Why not try...

- * Wall press-ups. Stand with your feet a comfortable distance from a wall, and push your body weight up and down against the wall - instead of the floor.
- * Press-ups on your knees. Drop your knees to the floor and balance on those instead of your toes.

2

WALL SIT



Why not try...

- * Placing an exercise ball between your back and the wall - for extra comfort
- * Not sliding down the wall quite as far - aim for a 45-degree angle at the hip rather than 90 degrees. This will take the pressure off your knees and quads.

3

THE PLANK



Why not try...

- * The plank from your knees. Drop your knees to the floor and balance on those instead of your toes. Make sure your back is still straight all the way from the neck to the hips.

4

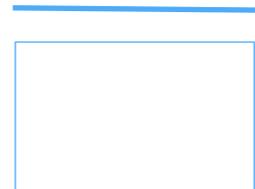
SQUATS



Why not try...

- * Hold onto a chair as you bend down into your squat (make sure it's heavy enough to help you balance).
- * Change the positioning of your feet so they are slightly further apart.

5



Why not try...

- *
- *

PERSONAL BEST

Make sure you have attempted and recorded 10 scores for each challenge.
What was your personal best score for each challenge?

Go back through your challenge log book, and enter your best scores in the boxes below...

1

PRESS-UPS

2

WALL SIT

3

THE PLANK

4

SQUATS

5

.....

WELL DONE!

YOU COMPLETED THE RESOURCE FOR...



To be in with a chance of winning a £20 Nike voucher:

1. Take a photo of this page once you've filled it in
2. Scan the QR code (shown to the right)
3. Complete the survey before **Friday 26th March**.

Please note if you do not have a printer, create your own log and upload a picture of that instead.



#FITS A KNOCKOUT #STAYINWORKOUT

OTHER RESOURCES

There are a huge number of workout Apps available that you could use to continue developing your health and fitness - listed below is just a small selection. They all have a different focus, so make sure to select one that works for you!



Daily Workouts Fitness Trainer

- Ideal for exercising at home
- Over 100 simple exercises available, as well as targeted workouts
- Workout duration is variable - between 5 and 30-minutes



1 Minute Desk Workout

- Sitting for hours a day increases numerous health risk factors
- The App offers 45 types of exercise that release tension whilst at your desk, with an option to set reminders so you won't forget to do them!



Couch-to-5K

- A realistic workout App for beginners looking to ease themselves into running
- A mixture of running and walking that gradually builds up stamina
- An 8-week programme aimed at training individuals to run 5K (3.1 miles)



Adidas Training by Runtastic

- More than 180 individual exercises available
- Workout duration is variable - between 7 and 45-minutes
- You can use Workout Creator to customise a session to your fitness goals



Burpee Workout

- Burpees are a great 'total-body' bodyweight exercise
- This App offers Burpee-specific challenges of varying length and difficulty
- It's a good workout option centred around improving one specific exercise



Daily Yoga

- More than 500 poses available
- Workout duration is variable - between 5 and 70-minutes
- Includes options that span all fitness levels

#FITS A KNOCKOUT
#STAY IN WORKOUT

