

The PE Department – Wellbeing and Physical Health

(Ashbourne Community School)

The PE Department understands the circumstances that we are all in and in this email, we are trying to provide you with some ideas and resources you could use in the coming days and weeks.

You are all engaging in Distance Learning at present, but it is essential that you allocate sometime within your week to do some form of exercise.

You will have to be creative in how you do this in many cases, due to social distancing and following HSE essential guidelines.

This also includes looking after your Mental Health and Well-being and not just your Physical Health.

We have provided various links below which you can click onto to bring you to resources to assist in looking after your Mental Health, Wellbeing and general Physical Health.

The links below has some excellent ideas to allow you to exercise and look after your mental health in these challenging times.

Some of the suggested apps below are paid so please be mindful that these are just ideas and not something which the school is endorsing, so please look at the apps carefully and identify if apps are paid or not. Talk to parents/guardians too if unsure and seek permission where required.

Health & Safety:

Obviously please make sure you have permission in your household to do any work out and also set up a space that is safe for you to complete the workout. It goes without saying that if you cannot perform an exercise for whatever reason then do not perform it or try to adapt it so you can perform it safely and effectively. You do not need to use equipment either but you do need to ensure the surface you are working on is safe and adequate for exercise e.g. not slippery/ surface has good grip, fitness mat for some exercises if you wish, no objects that are of danger including lights on the roof etc. Do a full check of room for hazards before commencing workout and ask an adult to help/safety check if necessary.

Here are the links - enjoy.

Here are some recommendations of good resources in the provided link above which you could have a look at:

Warm-up / Cool Down - please ensure you warm-up and cool down properly

Warm-up: Warm-up video - 3 mins 43 seconds

<https://www.youtube.com/watch?v=HDfvWrGUKC8>

Cool Down: Cool down video Joe Wicks (Body Coach) - 12 mins 46 seconds.

<https://www.youtube.com/watch?v=RDsdplsAqK8&feature=youtu.be>

Home Workout Videos

- Body Coach HIIT session <https://youtu.be/5nZ2iBGvFhE>
- 30 min Tabata Session <https://youtu.be/XleCMhNWFQQ>
- 20 Min Strong by Zumba <https://youtu.be/bm4WZyH5p2I>

Workouts/Circuits

- Core Cardio Circuit (attachment in this email)
- Spell your name Circuit (attachment in this email)

Mindfulness & Wellbeing

- Yoga for Teens <https://youtu.be/7kgZnJqzNaU>
- 14 mins Time Out Relax video <https://youtu.be/hzsV6ZwZvIQ>

Dance

- 30 Min Cardio Dance (all ability levels) <https://youtu.be/aBtP7008EfA>
- Can't Stop the Feeling Choreography https://youtu.be/seg8bl_gxV1g

Useful Fitness Apps

Some of these apps are paid so please bear this in mind when looking at them

- Sworkit Fitness & workout App
- 30 Day Fitness Challenge
- My Fitness Pal
- Home Workout No equipment
- JEFIT
- ETC.

We will be sending out more recommendations and resources each week. Stay safe, be kind and take care of yourself.

The PE Department