Name/Title: Interval Workout

Purpose of Event: To learn how interval training works by having students perform activities that involve alternating short bursts of high intensity with lower intensity activities.

Suggested Grade Level: 9-12

Materials Needed: To learn how interval training works by having students perform activities that involve alternating short bursts of high intensity with lower intensity activities.

Description of Idea

After warming up your class adequately (move them first to get muscles warm, then lead through appropriate exercise), lead your students through the interval workout. The number of seconds for each activity may be varied depending on the fitness level of the group. After students complete the activity make a task card for them so they can work with a partner of similar fitness level and work independently. This will help develop student self responsibility. The workout proceeds as follows:

1. Sprint 30 seconds, Walk briskly 60 secs. to recover
2. Tuck Jumps for height for 30 seconds (tuck knees to chest, land with bend in knees), Walk briskly 60 secs. to recover
3. Push-ups for 30 seconds, Walk briskly 60 secs.
4. High Knee Sprint for 30 seconds, Walk briskly 60 secs.
5. Wall Push-up 30 seconds (bend elbows, keep body straight), Walk briskly 60 secs.
6. Sprint 30 seconds, Walk briskly 60 secs. to recover
7. Grapevine sprint 30 seconds (keep shoulder pointing forward), Walk briskly 60 secs.
8. Alternating Lunges 30 seconds (make sure knees do not go past toes), Walk briskly 60 secs.
9. High Knee Skipping 30 seconds, Walk briskly 60 secs.
10. Crunches for 30 seconds, **WALK to cool down**
11. Stretch all muscle groups

Variations:

If you have some students who are injured or who are unable to do some of these due to previous injuries you may consider having a station for jump roping.

Submitted by **Jennifer Reeves** who teaches at Esperero Canyon Middle School in Tucson , AZ . Thanks for contributing to PE Central! **Posted on PEC: 5/16/2000**.

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