

# COVID 19 LOCKDOWN 2020

## EXTRA MURAL ACTIVITY TERM 2



Being isolated and constrained can be very detrimental to one's mental and physical wellbeing and it is now more important than ever that you are engaging in some sort of physical activity. As Mr Manley said, we need to remain purposeful about how we use our time. Having structure and routine is very important. Exercise must become a part of your daily routine.

Until we are back at school, we will all (Grade 8-11) have to sign up for the **“Home Lifestyle Programme”**! All learners will be required to participate in this as your lockdown extra mural and provide evidence in the form of a logbook. This will take the place of your PE lessons as well. This will be explained later.

The physical benefits of exercise are obvious and well known. Exercise:

- **Helps keep your thinking, learning, and judgment skills.** Exercise stimulates your body to release proteins and other chemicals that improve the structure and function of your brain.
- **Reduces your risk of heart diseases.** Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure.
- **Helps your body manage blood sugar and insulin levels.** Exercise can lower your blood sugar level and help your insulin work better. This can cut down your risk for metabolic syndrome and type 2 diabetes. If you already have one of those diseases, exercise can help you to manage it.
- **Improves your mental health and mood.** During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed. This can help you deal with stress and reduce your risk of depression.
- **Strengthens your bones and muscles.** Regular exercise can help kids and teens build strong bones. Later in life, it can also slow the loss of bone density that comes with age. Doing muscle-strengthening activities can help you increase or maintain your muscle mass and strength.

- **Helps you control your weight.** Along with diet, exercise plays an important role in controlling your weight and preventing obesity. To maintain your weight, the calories you eat and drink must equal the energy you burn. To lose weight, you must burn more calories than you eat and drink.
- **Reduces your risk of some cancers,** including colon, breast, uterine, and lung cancer.
- **Improves your sleep.** Exercise can help you to fall asleep faster and stay asleep longer.

([https://www.nlm.nih.gov/?\\_ga=2.107711554.174161779.1586072835-1478943878.1586072835](https://www.nlm.nih.gov/?_ga=2.107711554.174161779.1586072835-1478943878.1586072835))

For me, important benefits during this lockdown period are the improved mood, motivation and mental health, and you will notice this once you start getting regular exercise.

For those of you who have been engaging in some sort of activity, well done! I challenge you to keep extending yourself. For those of you who haven't, this is the perfect time to start.

While there are so many great Apps out there you could use, we would like to help you to add a bit of structure to your exercise regime. I have attached a diary/logbook. You must set yourself at least two fitness goals and record your exercise daily. This will be taken in when we return to school or we will ask you to upload it to the grade classroom. Research shows that the act of recording down and keeping track of your progress may help you to achieve our goals and stay motivated.

I believe that you should be doing a minimum of 45 minutes of activity every single day. During lockdown this is possible! However, the official requirement is **THREE sessions per week of 45 min.** Once you take off the 10 min warmup and 10 min cooldown its only 25 min of exercise. If you are not managing that, do what you can, then walk/run for the remainder of the time and gradually build up to the 25min. You need to be outside (weather permitting) and moving for 45min. If you have a negative attitude towards exercise, this is a great opportunity to change it as you experience the benefits. Being able to exercise, however cramped or limited it may be, is a privilege rather than a chore.


Your exercise can be broken up into different components and should always include a warmup and a cooldown. You can either alternate low impact and high impact exercise days or mix it up with half low impact and half high impact exercises on the same day.



Some ideas and guidelines....

1	<p><b><u>STRETCH /WARMUP</u></b>          Stretching prepares your muscles for work. It also helps to keep them flexible and healthy. It can alleviate tightness and prepare the muscles for “harder work”</p>	<p><b>10 min</b></p> <ul style="list-style-type: none"> <li>● @Homestrong2020 – Lauren Calenbourne PT - follow her on Instagram for daily posts</li> <li>● @iamdrenched – daily workouts that stay live for 24 hrs</li> <li>● Sworkit App</li> <li>● Nike Training Club App</li> <li>● HIIT App</li> </ul>
2	<p><b><u>LOW IMPACT</u></b>          Less force is used, activities are gentler on the joints and muscle. Good for strength and toning.</p>	<p><b>Beginner:</b>  <b>12 min</b></p> <p><b>Intermediate:</b>  <b>up to 20 min</b></p> <p><b>Advanced:</b>  <b>20 min and more</b></p>
	Core work outs	<ul style="list-style-type: none"> <li>● @Homestrong2020 – Lauren Calenbourne PT - follow her on Instagram for daily posts</li> <li>● @iamdrenched – daily workouts that stay live for 24 hrs</li> <li>● Sworkit App</li> <li>● Nike Training Club App</li> <li>● HIIT App</li> </ul>
	Pilates	<ul style="list-style-type: none"> <li>● Stretching and pilates -Sworkit</li> </ul>
	Yoga	<ul style="list-style-type: none"> <li>● Yoga with Adriene App</li> <li>● Sworkit APP</li> <li>● Nike Training Club App</li> </ul>

		<ul style="list-style-type: none"> <li>• HIIT App</li> </ul>
3	<p><b>HIGH IMPACT</b> usually more forceful, increase in heart rate, more intense and sweatier!</p>	<p><b>Beginner:</b> <b>12 min</b></p> <p><b>Intermediate:</b> <b>up to 20 min</b></p> <p><b>Advanced:</b> <b>20 min and more</b></p>
	<p>Running/walking</p> <p>Have a look at <a href="http://www.finishline.co.za">www.finishline.co.za</a> Inselelo Challenge Worth doing!</p>	<p>Measure and run/walk a route. Work out what distance you are covering in a session. Time yourself! Get faster, get further! Make progress!</p> <ul style="list-style-type: none"> <li>• Strava App, manually record your runs. You can do it on your phones, so you don't need a Garmin.</li> </ul>
	<p>Skipping</p>	<p>With your own skipping rope. Very good for increasing heart rate quickly.</p> <ul style="list-style-type: none"> <li>• Jump Rope Training App</li> </ul>
	<p>Steps</p>	<p>Any steps/staircase around your house can provide an amazing workout. Look under Sworkit or NTC</p>
	<p>Cardio work out</p>	<ul style="list-style-type: none"> <li>• @Homestrong2020 on Instagram</li> <li>• Nike Training App and Sworkit App</li> </ul>
	<p>Kickboxing</p>	<ul style="list-style-type: none"> <li>• Kickboxing Fitness Trainer App</li> </ul>
	<p>Dance work out</p>	<ul style="list-style-type: none"> <li>• Kayla Itsines App- Lots of good dance workouts</li> <li>• Just Dance Now App</li> </ul>
	<p>Zumba</p>	<ul style="list-style-type: none"> <li>• Aerobic workout App</li> </ul>
	<p>Water aerobics Nice change if you have a pool.</p>	<ul style="list-style-type: none"> <li>• Water Aerobics Guide App</li> </ul>

4	<b><u>COOLDOWN/ STRETCH</u></b>	<b>10 min</b> <ul style="list-style-type: none"> <li>● @Homestrong2020</li> <li>● Sworkit App</li> <li>● Nike Training Club App</li> <li>● HIIT App</li> </ul>
	Girls who has signed up for sporting codes this term will be contacted by coaches with code specific drills to be doing. These will also count as your sessions. So watch this space..	

### Other options...

- And if all else fails, just follow **PE Joe** - he does 30 min workouts every day, which includes a warmup and cool down. I know his target audience is younger than you, but his workouts are good;
- Our SA Department of Health is also broadcasting a workout every day @COVID\_19\_ZA #LockDownFit
- Or Follow **JEFF Together** on Facebook



- And last but certainly not least **Ms Hannan** will be giving 2 exercises class per week, live on Google Meets. Tuesdays and Thursdays at 3pm. This will be open to the whole school. It would be wonderful to see you there. She will post the link onto the Grade classroom the day before the class. Click here to be inspired.

[https://drive.google.com/file/d/1rqCKsSWdT1nq4\\_g9CU3mXwv4ZEjax\\_ai/view?usp=sharing](https://drive.google.com/file/d/1rqCKsSWdT1nq4_g9CU3mXwv4ZEjax_ai/view?usp=sharing)

This is the perfect opportunity to try new things and get a proper experience of cross training in different disciplines. There is so much out there. Find something that appeals to you and get going!

### **TERM 2 EXTRA MURAL REQUIREMENTS (UNTIL FURTHER NOTICE)**

- Fill in the attached logbook documenting **TWO fitness goals** and **THREE exercise sessions per week**. (although I have given you enough space to record exercises for every day!)
- You will either hand in a hard copy or upload an electronic version onto your Grade classroom when we call for it. So be prepared. The Grade classrooms have been set up By joining these classrooms, we can see that you have registered and are ready to go.

**Grade 8: nd42h3o**  
**Grade 9: mzg73xx**  
**Grade 10: 2fysoeb**  
**Grade 11: 5km2xsz**



### **Some general training guidelines that can be applied to most types of exercise:**

- Start gradually and build up. Don't overdo it on the first day
- Alternate hard and easy days
- Differentiate training. Some days low impact other days high
- You can exercise twice a day (easy to manage during Lockdown 2020!)
- Listen to your body, if you need a rest day, have one
- Keep a logbook to keep you motivated

- See the rubric attached. You will be assessed and this will be added to your Term 2 Report.
- There is a section that requires some verification of your activity. Here are some ideas:
  1. On many of the Apps you can earn badges, which you can take a screenshot of and insert onto the document.
  2. You can screenshot your Strava kilometres/activity/workout.
  3. You could track your BMI to see improvement in this.
  4. Take a time lapse video of you doing your activity. Obviously not every activity but at least show us your participation.
- You will need to get creative in recording what you have done.
- Start Date: Tuesday 14 April 2020
- Due Date: Keep doing it until further notice.....
- Please feel free to contact myself or any of the staff members below if you have any queries or even if you need advice. We are here to help you.

**“Out of adversity comes opportunity” - Benjamin Franklin**

Stay strong, fit and safe



The LO and the Sports Dept.

- Mrs Nicklin
- Mrs Carpenter
- Mrs Hannan
- Mrs Taylor

**Recommended sports movies to watch during Lockdown**



- Chariots of Fire  
Classic of all time. Compulsory!
- Happy Gilmore  
For when you need a laugh, a comic classic
- Million Dollar Baby and Bend it like Beckham  
GRL PWR movies
- Seabiscuit  
If you are not able to ride your horse or you need a good cry.

References

- Williamson, N Google Books. 2020. Everyone's Guide To Distance Running. [online] Available at: <[https://books.google.com/books/about/Everyone\\_s\\_Guide\\_to\\_Distance\\_Running.html?id=1dpXA66kFCkC](https://books.google.com/books/about/Everyone_s_Guide_to_Distance_Running.html?id=1dpXA66kFCkC)> [Accessed 7 April 2020].

- US National Library of Medicine  
[https://www.nlm.nih.gov/?\\_ga=2.175460837.691100699.1586265438-1478943878.1586072835](https://www.nlm.nih.gov/?_ga=2.175460837.691100699.1586265438-1478943878.1586072835)

- Davidson, C., 2020. Is Low Impact Exercise Effective? - Get Healthy U. [online] Get Healthy U | Chris Freytag. Available at: <<https://gethealthyu.com/low-impact-exercise/>> [Accessed 7 April 2020].

**NAME:**

**GRADE:**

**COVIS 19 LOGBOOK**

**GOAL SETTING**



Set yourself at least two fitness/health goals to achieve by the end of the lockdown. Fill in the table below. Reflection will be done towards the end of the lockdown. We need to be flexible here!

<b><u>GOAL</u></b>	<b><u>Process</u></b>	<b><u>Measurable outcome</u></b>	<b><u>Reflection</u></b>
<b><u>1</u></b>			
<b><u>2</u></b>			
<b><u>3</u></b>			

Date	Activity description	Time taken	Comments/additional information/reflection




**LOGBOOK**

Date	Activity description	Time taken	Comments/additional information/reflection


Date	Activity description	Time taken	Comments/additional information/reflection






Date	Activity description	Time taken	Comments/additional information/reflection


Date	Activity description	Time taken	Comments/additional information/reflection


**NAME:**  
**RUBRIC**

Insert evidence here..



	0 Level 1	1 -2(level 2)	3-5 (level 3)	6 (level 4)
<b>Show up!</b>	<p>No evidence of showing up. No goals set.</p> 	<p>Learner has recorded 3 activities per week but has no extra evidence of participation or limited reflection. No evidence of growth or improvement.</p> 	<p>Learner has participated 3 times a week. Learner has evidence of participation and growth in fitness and strength or any other tangible measurement. Goals addressed</p> 	<p>Obvious participation! Above expectations. Learner has clearly set realistic fitness goals and has achieved them. Goals reached or goals reflected upon and reset.</p> 
TOTAL				/12