

TRANSITION PROJECT

2020



WOKING COLLEGE
PE DEPARTMENT

Health & Fitness

Diet & Nutrition

It is important we look after the health of our bodies as best we can. Taking care of our diet and nutrition is one of the main ways we can do this. Here is a look at general guidelines to a healthy diet.

1. Eat at least 5 portions of a variety of fruit and vegetables a day
2. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates
3. Have some dairy or dairy alternatives (such as soya drinks and yoghurts)
4. Eat some beans, pulses, fish, eggs, meat and other protein
5. Choose unsaturated oils and spreads, and eat in small amounts



CHALLENGE!

We challenge you to create a meal and evaluate its nutritional value. Please take pictures to help support your evaluation!

Health & Fitness

Fitness

Children and young people aged 5-18 should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. They should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.

Tips for keeping fit

Structure your day: When working towards a goal, you would often have a routine or structure to your training plan so why not structure your day? It will help you allocate time for exercise as well as free time.

Keep a diary: It is an effective way to monitor your progress and stay on top of your training.

We would love to see your progress too so keep records of these.

CHALLENGE!

We challenge you to create DIY workout routine that can be shown to the staff. Keep records through images, videos and written notes.

Additional Fitness

Mini circuit

Aim to complete as many rounds as possible in 20 minutes.
Take rests when needed. Complete 10 reps on each station
before moving on

1. Sumo Squat with
ball



2. Russian Crunch



3. Squat Press with
ball



4. Jumping Split
Squats



Additional Fitness

Skipping

Skip continuously for 10 minutes. If you do not have a rope, complete free skips.



Plyometric

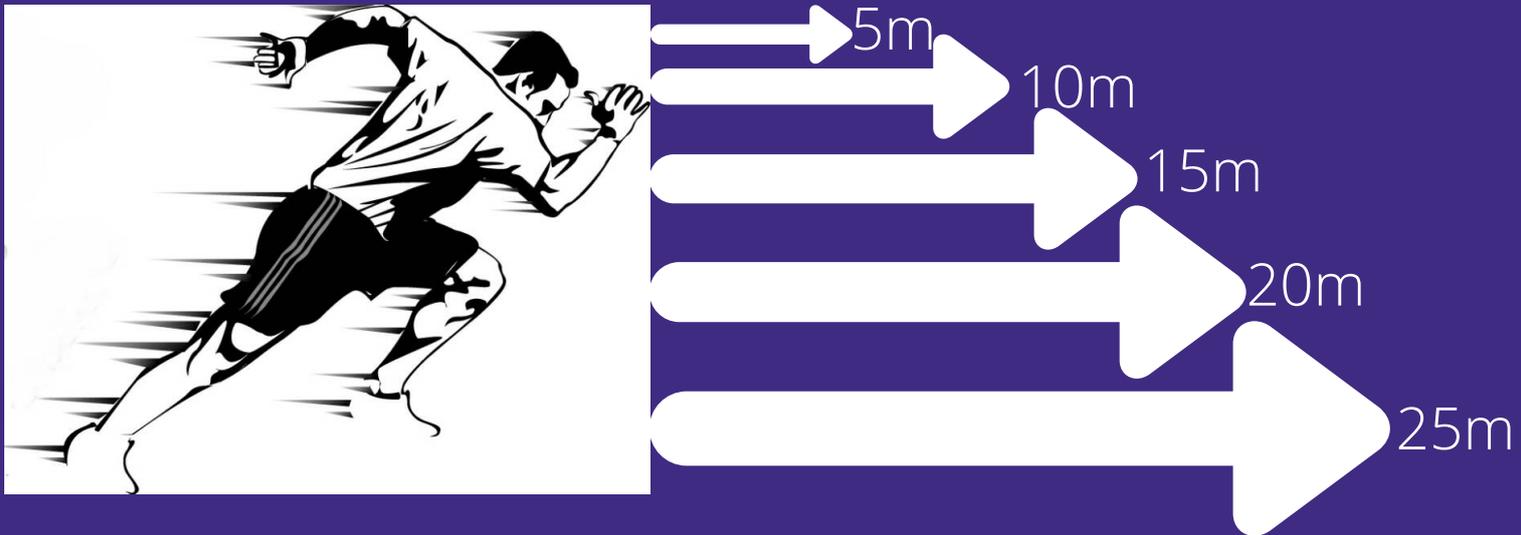
Jump so your feet reach knee height and sprint 10 metres upon landing. This should be a maximum speed run. Complete 4 sets of 10 with a 2 minute rest between each set.



Additional Fitness

Sprints

Sprint distance then walk back for distances of 5 metres, 10 metres, 15 metres, 20 metres, 25 metres (1 set). Complete 5 sets.



**Keep records of your
training to show teachers
and team coaches.**