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| **Activity** | **Equipment** | **Time** |
| **Fitness block 1 –** complete each part as quickly as possible.  Part 1  400m run (4 lengths of rugby pitch approx.)   * 5 burpees, 5 sit ups, 5 squats   300m run   * 10 burpees, 10 squats, 10 sit ups   200m run   * 15 burpees, 15 squats, 15 sit ups   100m run   * 20 burpees, 20 squats, 20 sit ups   Rest for 3 minutes  Part 2  200m run (work in half a rugby pitch this time)   * 5 lunges (each leg), 5 press ups, 5 plank shoulder taps   150m run   * 10 lunges (each leg), 10 press ups, 10 plank shoulder taps   100m run   * 15 lunges (each leg), 15 press ups, 15 plank shoulder taps   50m run   * 20 lunges (each leg), 20 press ups, 20 plank shoulder taps | Cones or markers set out for 100m marker and 50m marker. | Depends on fitness level of the group. |
| **Fitness block 2**  In groups of 3, set out 3 cones 5m apart each.   * One worker, 2 rest. Swap over after every repetition. * Start at middle cone on stomach * Get up quickly and sprint out to a 5m cone, change direction to sprint to 5m cone on other side, then sprint back to the middle to finish. * At each cone, drop to your stomach and get back up before sprinting on to next cone. * 8 repetitions each.   Start/finish | Cones | Depends on the fitness level of the group |
| **Fitness block 3**  In same groups of 3, set out cones in a ‘T’ shape.   * Work one at a time, start at the bottom of the ‘T’ * Sprint straight up to the top middle cone * Change direction to sprint out to the right cone * Change direction to sprint over to the left cone. * Sprint back to middle cone, and then change to sprint back to the start. * 8 repetitions each   Start/finish | Cones | Depends on the fitness level of the group |