

P. E. ACTIVITY ONE: ARMY FITNESS TRAINING**Learning Objectives**

- Develop competence in a broad range of physical activities;
- Be physically active for sustained periods of time;
- Develop flexibility, strength, technique, control and balance.

Introduction

Soldiers are required to be fit and healthy and undergo a rigorous training procedure. When the First World War started, the training programme was not as rigid as it later became. The following routines are also recommended by the current army as training procedures potential recruits should undergo if they want to enlist.

MAIN TASKS

1. Upper Body
 - a. Press Up: Keep your feet together and elbows in so your body is straight. Ensure your stomach muscles are prepared. Keeping your body straight, bend your elbows to lower your chest until its just off the ground. Breathe in as you lower yourself down and breathe out and as you press up. (Girls may wish to do this on knees)
 - b. Tricep Dip: Start with straight arms, and keep your thighs level and parallel to the ground. Lower your body keeping your elbows back. Stop just before your upper arms are parallel with the floor and press up again.
 - c. Chin Up: For use with a high bar. Hold the bar with your palms facing towards you. Brace your stomach muscles and pull up with your arms keeping your legs together and straight. Pull your chest up to the bar to clear your chin. Lower yourself with control until your arms are straight.
2. The Core – strengthening your abdominal muscles.
 - a. Lie on your front with your hands by your head. Use your lower back muscles to lift your shoulders and chest off the floor. Do lifts slowly.
 - b. Lie with your knees bent and ankles supported with feet on the floor. Cross your arms over your chest. Keep your shoulders back and neck straight. Breathe in and sit up. Lower yourself with control breathing out. Don't let your shoulders touch the floor.
3. The Lower body
 - a. Lunge: Stand with your feet shoulder-width apart. Draw back your shoulders and breathe in. Step forwards bending your front leg and back knee. Step back on front leg, rising upright.
 - b. Squat: Place your feet apart just wider than your shoulder width. Bend your knees and lower yourself down. Push your knees above your toes and push your hips back. Do not arch or round your back. Stop when your thighs are parallel with the floor and return to standing position.

Extension Activity

Students should add in their own exercises such as star jumps, running etc and create their own short routine. Volunteers can then teach their routine so large or small groups of students as if they are the Drill Sergeant. Discuss how they and the 'soldiers' they're training, need to behave.