

Cobram Secondary College
Year 7 to 10 Term Two PE Tasks 2021 Remote Learning

Below are workouts designed by the 5 PE teachers at CSC! Each workout has been designed to test you and improve your fitness while being in remote learning. Good Luck!!

Hendo's Horrific Workout:

2 Burpees
4 Lunges
6 Tricep Dips
8 Push Ups
10 V Sit Ups
12 Calf Raises
14 Russian Twists
16 Push Ups
18 Squats
20 Curl Ups/Sit Ups

Brooksy's Brutal Workout:

1 x Burpee
2 x Sit Up
3 x Push Up
4 x Squats
5 x 10m sprints
6 x Sit Ups
7 x Push Ups
8 x Burpees
9 x Squats
10 x Star Jumps

**Complete and
then reverse
the order**

Glassy's Gassing Working:

25 x Star jumps
10 x Burpees
20 x Mountain Climbs
5 x Burpees
10 x Star Jumps
10 x Ground touch + max jump
10 x Mountain Climbs
Complete this 3 times

Scotty's Sweaty Workout:

20 x High Knees
20 x Squats
20 x Butt Kicks
20 x Mountain Climbs
10 x 10 step sprints
20 x Star Jumps
10 x Burpees
Run on the spot for 2 minutes
Complete this 2 times

Miss Orr's Orrsome Workout:

10 x Squats
20 x Star Jumps
10 x Shoulder taps in push up position
20 x Air Punches
20 x Abdominal Twists
10 x Sit Ups
Complete this 2 times