

# APOLLYON

DAREBEE HIIT WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec march steps



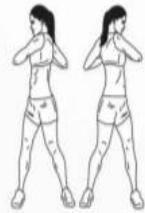
20sec raised arm circles



20sec march steps



20sec raised arm circles



20sec torso twists



20sec raised arm circles



20sec reverse lunges



20sec raised arm circles



20sec reverse lunges

## Year 9 - Dance

**Lesson 1** Complete the upper and lower body HIIT training sessions. Challenge yourself to complete the highest level possible.

1) Why is HIIT training important for a dancer?

---

---

---

---

---

---

---

---

---

---

2) Can you remember what is important to engage during HIIT training and why is it even more important for a dancer?

---

---

---

---

---

---

---

---

---

---

3) What is happening to your body during a HIIT training workout?

---

---

---

---

---

---

---

---

---

---

4) What happens to a dancer when they have not trained their cardio vascular system to maintain stamina?

---

---

---

---

---

---

---

---

---

---

# CODA

DAREBEE HIIT WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



20sec plank hold



20sec jumping jacks



20sec plank hold



20sec basic burpees



20sec plank hold



20sec jumping jacks



20sec plank hold



20sec jumping jacks

**Lesson 2** Complete the upper and lower body HIIT training sessions. Challenge yourself to complete the highest level possible.

1) Core strength is a physical skill in dance. Can you remember any other physical skills we have covered this year? List 5 below:

2) Being able to move in and out of the floor with ease is important in a dancer, what physical skill is required for this and how can you improve this skill?

3) Can you think of another sport you have covered in PE where both core strength and flexibility are important?

4) Can you explain two changes in your body that occur after HIIT training?

# CORE FORGE

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

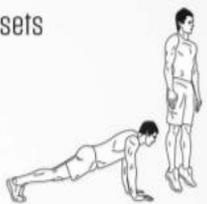
2 minutes rest between sets



10sec basic burpees



30sec elbow plank



10sec basic burpees



30sec side plank (left)



10sec basic burpees



30sec side plank (right)



10sec basic burpees



30sec raised leg plank



10sec basic burpees

# Hear Me Roar

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

Level I 3 rounds Level II 5 rounds Level III 7 rounds 2 min rest between rounds

Extra Credit 1 push-up every 20 seconds



20sec high knees



20sec punches



20sec plank + jab + cross



20sec high knees



20sec punches



20sec plank jack + jab + cross



20sec high knees



20sec punches



finish 20sec plank

Lesson	Question	Answer
1	1) Why is HIIT training important for a dancer?	Hiit is a fabulous way for <b>dancers</b> to increase their endurance and fitness. ... The aim is to take your heart rate up to its maximum (as it would when you are <b>dancing</b> full out) and then train yourself to recover your breath and your heart rate as quickly as possible ready to go again.
	2) Can you remember what is important to engage during HIIT training and why is it even more important for a dancer?	It is important to engage the <b>CORE</b> . This is important for a dancer, as a <b>strong core</b> promotes better balance, helps a <b>dancer</b> stay properly aligned and improves stability. <b>Strong</b> muscles in the <b>core</b> also decrease the risk of injury.
	3) What is happening to your body during a HIIT workout?	The body is deprived of oxygen, this releases lactic acid. Because of the production of lactic acid, the adrenaline in our body is generated. This hormone is essential in extracting the fats in our body, which allows muscles to build up. The body burns more fat in a shorter space of time.
	4) What happens to a dancer when they have not trained their cardio vascular system to maintain stamina?	An aerobically fit dancer can rehearse or perform for longer, more vigorously and achieve a quicker recovery. If they do not have strong heart and lungs they will be more prone to injury and also not be able to maintain energy throughout a performance.
2	1) Core strength is a physical skill in dance. Can you remember any other physical skills we have covered this year? List 5 below:	Stamina, posture, alignment, flexibility, strength, balance, co-ordination, extension, contraction, core strength, isolation,
	2) Being able to move in and out of the floor with ease is important in a dancer, what physical skill is required for this and how can you improve this skill?	Flexibility and strength. These can be improved with a strict stretching regime or completing yoga and pilates workouts.
	3) Can you think of another sport you have covered in PE where both core strength and flexibility are important?	Rowing Gymnastics Cheer leading High Jump HIIT Urban fitness
	4) Can you explain two changes in your body that occur after HIIT training?	Shortness of breath Increased metabolism Flushed face Increased heart rate