

## Joe Wicks' Blue Peter workout

What do you do to keep fit when you're at home? Try this workout with Joe Wicks, The Body Coach!

### Tasks

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

#### Vocabulary

1. ..... equipment
2. ..... a circuit
3. ..... a mood
4. ..... on the spot
5. ..... to stretch
6. ..... to alternate
7. ..... to strengthen
8. ..... to punch

#### Definition

- a. the way you feel at a particular time
- b. the things you need to do a particular activity
- c. staying in the same place, not moving forwards or backwards
- d. a combination of several different exercises
- e. to make something stronger
- f. to hit the air in front of you with your hand closed
- g. to make a part of your body as straight and long as possible
- h. to do one thing, then another thing, and then the first thing again

### Task 1

Are the sentences true or false?

	<b>Answer</b>	
1. Exercise is important at every age.	True	False
2. You should try to do some exercise once a week.	True	False
3. You need some equipment to do these exercises.	True	False
4. Do each exercise for thirty minutes.	True	False
5. Have a rest after each exercise.	True	False
6. A home workout gives you energy and improves your mood.	True	False

## Task 2

Match the instructions (a–e) with the names of the exercises (1–5).

Exercise	Instruction
1. .... Jumping jacks	a. Lift your knees up, pump your arms and keep your back straight.
2. .... Punches	b. Jump, move your feet apart and put your hands above your head.
3. .... Lunge	c. Sit down and stand up, imagining a chair behind you.
4. .... Running on the spot	d. Close your hands and stretch one arm in front of you in a hitting action.
5. .... Squats	e. Stand with your feet together, then step one leg back, bending your knees.

## Task 3

Complete the sentences with words from the box.

head	legs	arms	back
knees	feet	hands	body

- When you run on the spot, lift your ..... up and keep your ..... straight.
- When you do jumping jacks, put your ..... above your .....
- When you do squats, you are strengthening your ..... . They are good for your lower .....
- When you do punches, put your ..... up and punch as quickly as you can.
- When you do a lunge, start with your ..... together.

## Discussion

Do you do any exercise to keep fit at home?

## Transcript

Hello, everybody. My name is Joe Wicks, The Body Coach, and I'm going to talk to you a little bit about why I think it's so important to stay fit and active and to exercise when you can at home.

Now, first of all, exercise, no matter whether you're five years old, 50 years old, it always makes you feel happy. It lifts your mood, it gives you energy, it makes you fit and strong, and so it really is something you should try and do every single day. And I'm now going to share with you some of my favourite exercises which you can do at home with no equipment, so you can do it in your living room, your bedroom, on a tiny little bit of carpet. So here's my top five home exercises. Good luck and give them a try.

Exercise number one, one of my favourites, nice and simple, you can do 30 seconds, running on the spot. Nice and quick. Brilliant. Lift those knees up. As quick as you can. Pump the arms. Back nice and straight. Thirty seconds of running on the spot. Brilliant. Now rest.

All right, next exercise, one of my second favourites, nice and simple, it's called jumping jacks. So it's hands above the head for 30 seconds of jumping jacks. You can do it in a circuit. Do 30 seconds of running, rest for 30 seconds, and then go into our second exercise, jumping jacks. Perfect. Right ...

Exercise number three, one for the lower body, so good for strengthening the legs, it's going to be squats, where you sit down and stand up tall. So 30 seconds, squats. Down and up. Brilliant. Sitting into the chair, imagine a chair behind you. Sit down, stand up. Do as many as you can in 30 seconds. Perfect. So the last couple of reps ... and you're now gonna rest.

OK, next one. Number four, punches. So arms up like this, as if you're gonna punch a punching bag, nice fast punches, 30 seconds, really quick punches, as quick as you can. Good, come on nice and fast. Thirty seconds. Really stretch, reach. Five, four, three, two, one, and relax. Brilliant!

Fifth exercise. Another great one for the legs, we call a lunge. So we're going to start with our feet together. Do a reverse lunge and then we alternate so you bring the feet together. Step back, step forwards. If you want to make it harder, you can do this. Look, you jump. Jump, jump, jump, jump, jump, jump and relax.

There you go. Well, that's my five exercises. Hope you enjoyed them. Do each one for 30 seconds, then rest, and do the whole thing three times and that would be a great little home workout to get you feeling energised, feeling full of life and feeling great. So thanks again, good luck and stay positive. Keep smiling.

## Answers

### Preparation task

1. b
2. d
3. a
4. c
5. g
6. h
7. e
8. f

### Task 1

1. True
2. False
3. False
4. False
5. True
6. True

### Task 2

1. b
2. d
3. e
4. a
5. c

### Task 3

1. knees, back
2. hands, head
3. legs, body
4. arms
5. feet