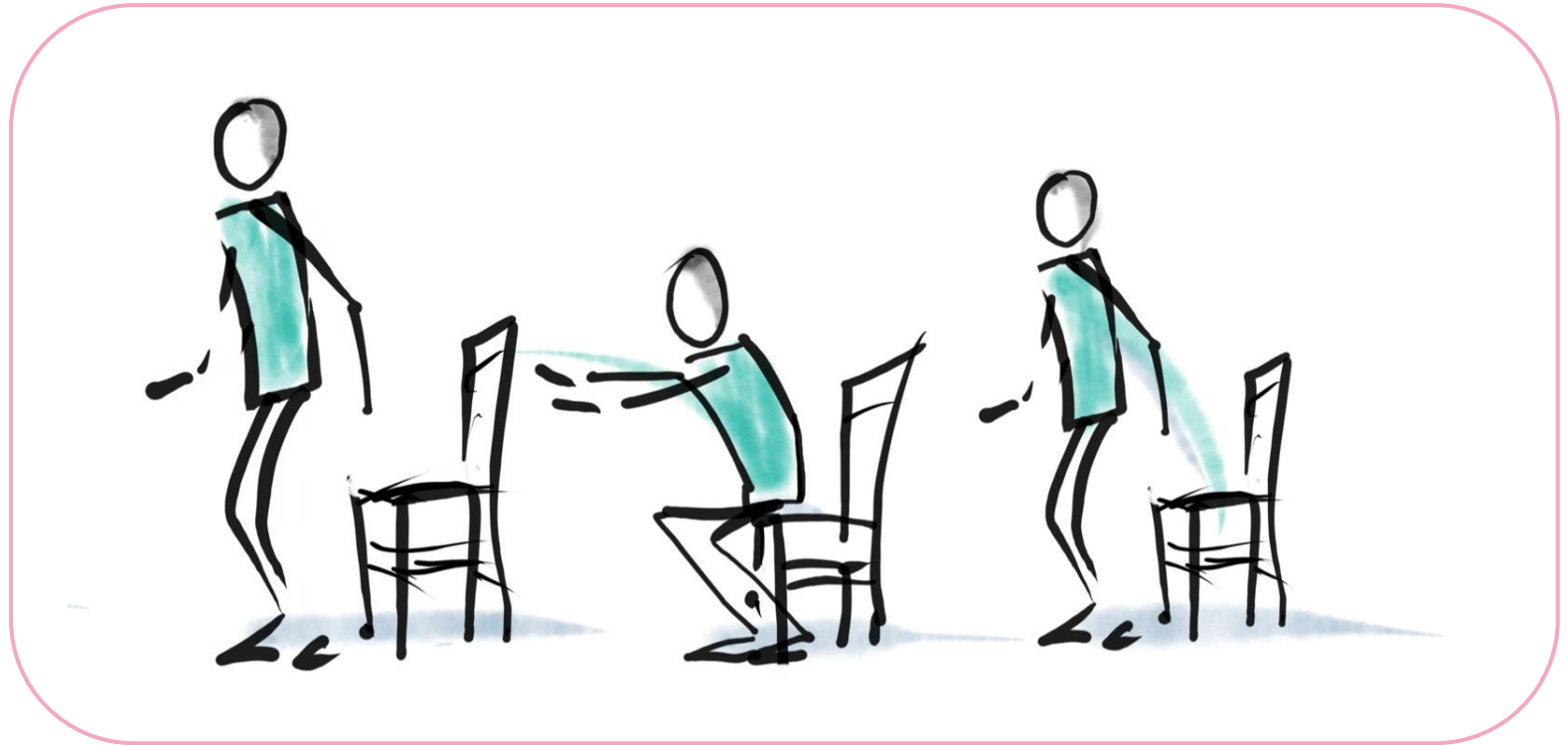


how to set up:

- Each child requires a chair in a space in the classroom.
- Children should squat up and down on their chair for the allotted time.



how to play:

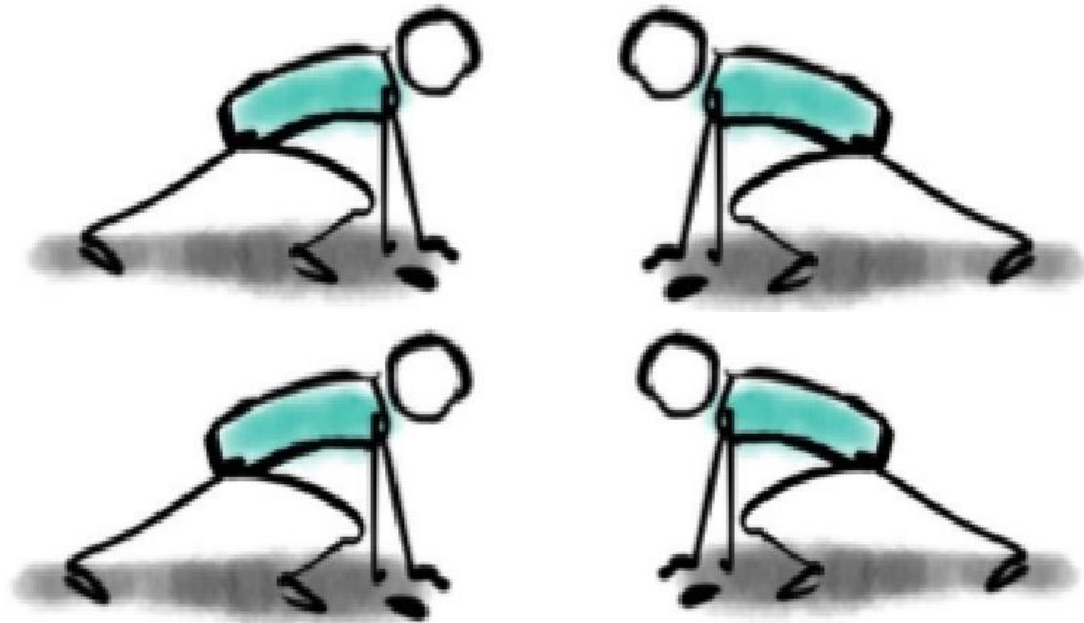
- On the command, the children will begin squats.
- Movements must be controlled – descend low, stand up quickly as soon as their bottom touches the chair.
- Back straight and head up facing forwards.

timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts the chair squats.
- Player 2 then performs the exercise with player 1 counting.
- Repeat the exercise 2 – 3 times trying to beat your previous score, then move the class onto the next exercise.

how to score:

- Perform mountain climbers for 30 seconds, rest for 1 minute, then perform again.
- How many mountain climbers can you complete in 30 seconds?
- Can you do this 5 times?



how to play:

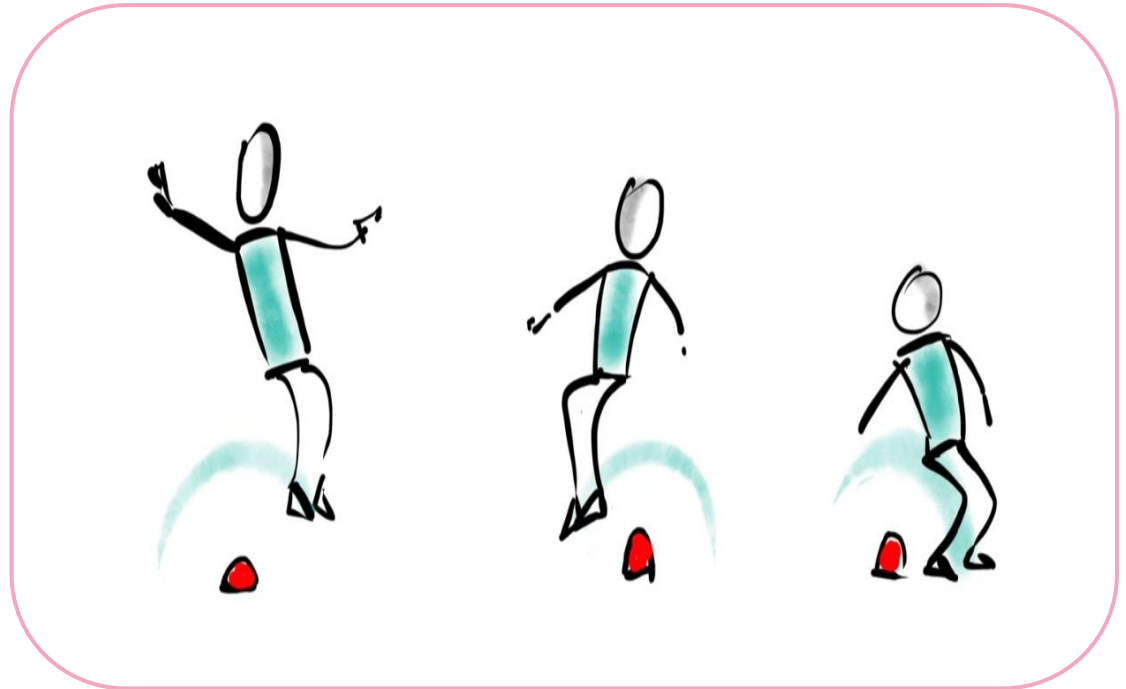
- Start in a push up position; keeping your body as straight as possible.
- Bring your left leg up, bending your knee towards your chest.
- Straighten your left leg, as you do this begin to bring your right knee up towards your chest.
- Repeat this movement, switching knees each time.

how to set up:

- Use one piece of suitable equipment (as below) to perform the speed bounce over.

equipment:

- A suitable item to bounce over:
- Cone
- Pencil
- Rubber / Ruler

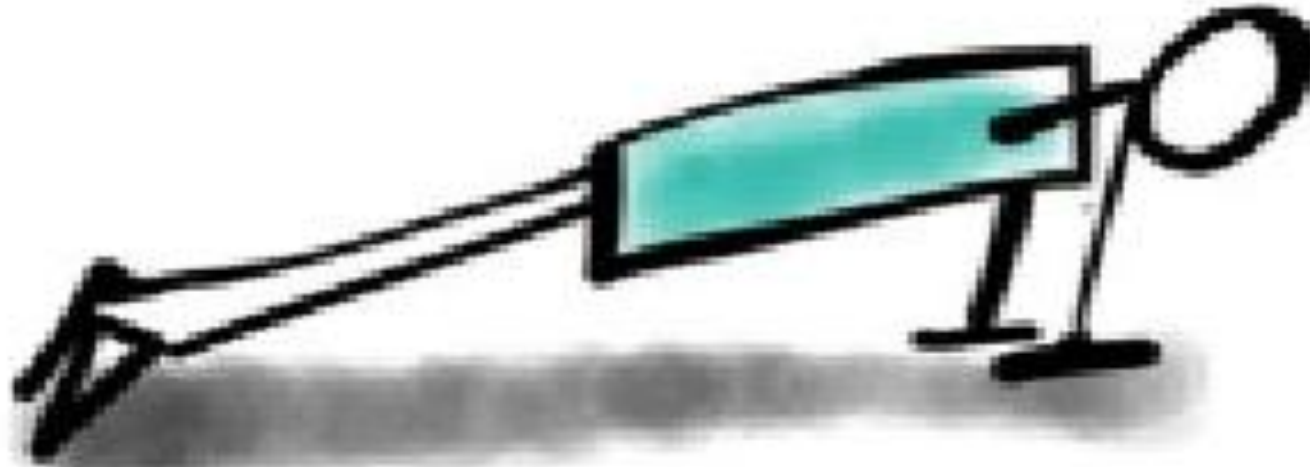


how to play:

- When the time starts, the children must jump over side to side, with both their feet, continuously.
- Encourage children to use the correct technique: 2 footed take-off and landing, swinging arms and bending knees, jumping from one side of the cones to the other. Teacher to demonstrate the technique before they begin.
- They must jump as quick as they can, with one bounce on each side of the object before repeating on the other side.

timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts the bounces.
- Player 2 then performs the exercise with player 1 counting.
- Repeat the exercise 2 – 3 times trying to beat your previous score, then move the class onto the next exercise.



how to play:

- Place the hands on the floor with the shoulders in line, and the legs out straight.
- Only the hands and feet should be in contact with the floor.
- Encourage children to keep their stomach off the floor in a straight line.
- Children must bend their elbows and descend towards the floor and ascend back up, keeping the body under control and using the power in their arms to lift their body back up.

timing and rotations:

- Player 1 from each pair performs the exercise for **45 seconds** whilst their partner counts how many press ups are performed.
- Player 2 then performs the exercise with player 1 counting.
- Repeat the exercise once trying to beat their first score, then rotate the pairs onto the next station.

how to score:

- Perform jumping jacks for 30 seconds, rest for 30 seconds, then perform again.
- Can you do this 5 times?
- How many jumping jacks can you complete in 30 seconds?



how to play:

- Stand tall with your feet together and arms by your side.
- Jump in the air, stretching your arms out wide and moving your legs shoulder width apart.
- Jump again, this time bringing your arms down and your feet back together.