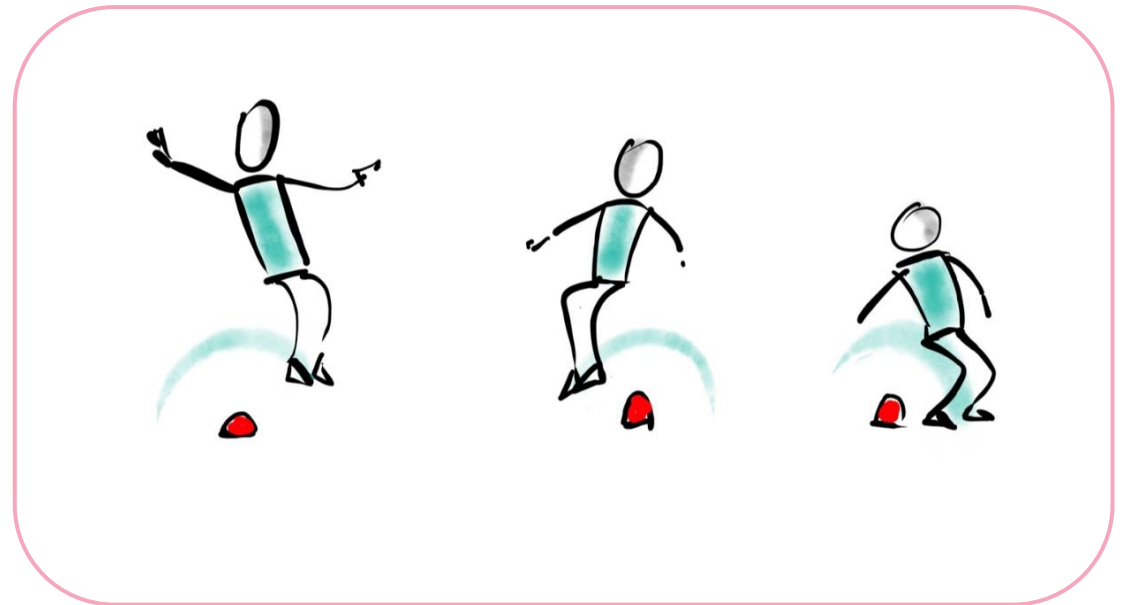


how to set up:

- 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:

- Ask the children to spread out and find a space in the area, in their pairs.
- On the teachers command, the children must sprint as quick as they can on the spot for 30 seconds.
- Encourage children to drive their arms and knees high when performing the sprint.
- Encourage the pupils to keep an even pace for the whole 30 seconds.

timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner rests.
- Player 2 then performs the exercise with player 1 resting.
- Repeat the exercise 2 – 3 times, encourage children to continue running for the full-time frame without stopping, then move the class onto the next exercise.

how to set up:

- Children lie on their back in a space
- They must lift their legs up in the air, so they are vertical at a 45 degree angle.



how to play:

- On the teachers command, the children use their hands to lift their head and shoulders trying to touch their toes.
- Keep the lower back on the floor.
- Return to the starting position and repeat.

timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts how many are performed.
- Player 2 then performs the exercise with player 1 counting.
- Repeat the exercise once trying to beat their first score, then move the class onto the next exercise.