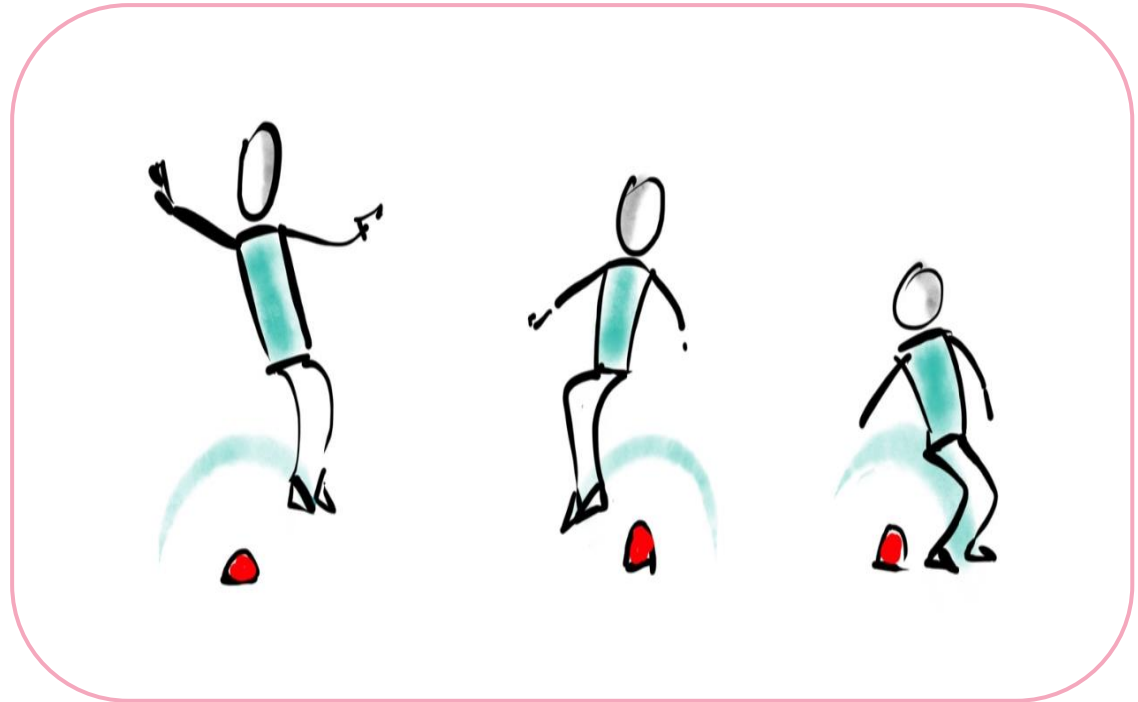


how to set up:

- 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. An adult should 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:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.



how to play:

- Ask the children to spread out and find a space in the area, in their pairs.
- On the adult's 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:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.

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 adult's 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:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.



how to play:

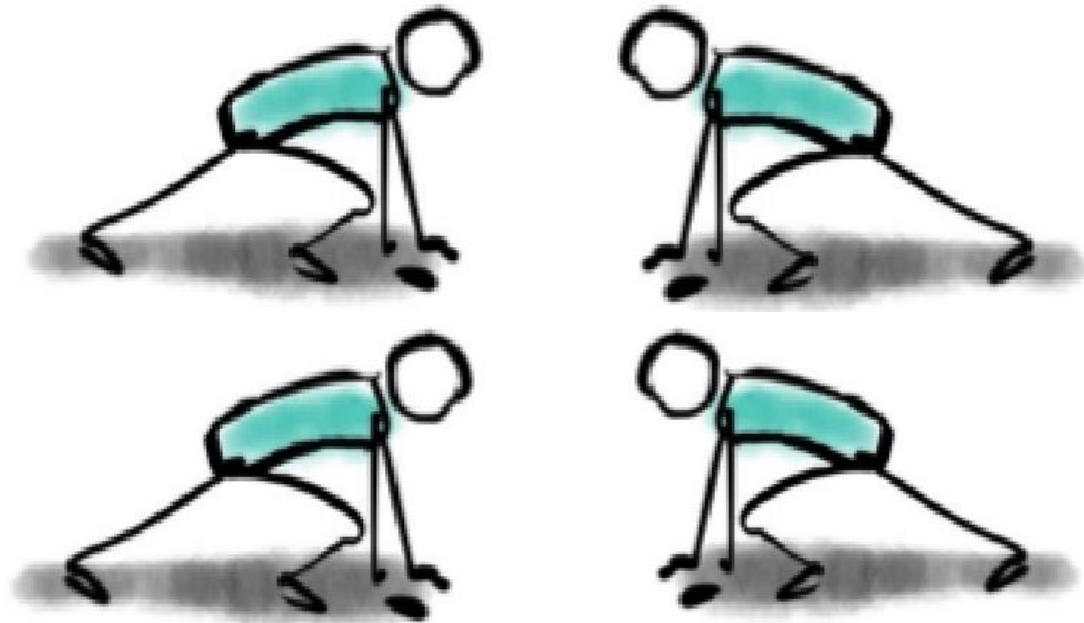
- The tuck jump is performed by jumping up as high as possible whilst bringing the knees up to the chest before landing again.
- On landing, immediately jump again, repeating the exercise for the full 30 seconds.
- Allow the children to practice before starting the activity.
- If it is too difficult, allow a double bounce in between each jump.

timing and rotations:

- Perform the exercise for 30 seconds with good technique, control and balance.
- Rest for 30 seconds.
- Move onto the next station.

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.