

how to set up:

- Each pair requires a chair.
- Children will be required to step up and stand on the chair before returning to the floor.
- Highlight the safety risks and emphasise the need to work together sensibly.



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 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.

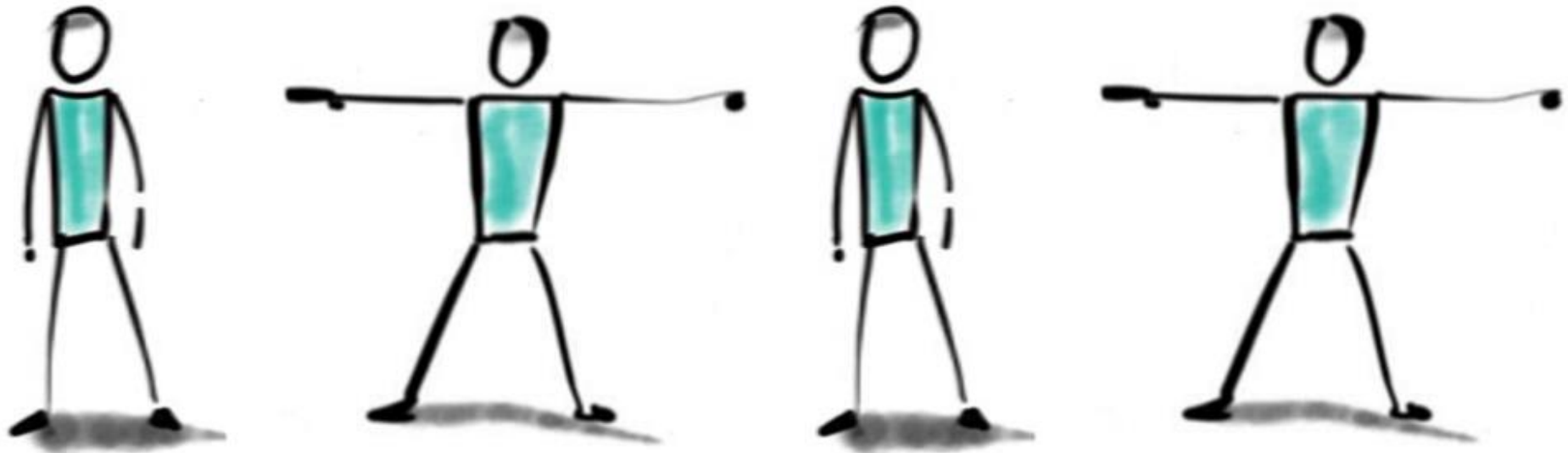


how to play:

- On the teachers command, the children step up with both feet on the chair, before stepping back down, as quickly and safely as possible getting into a rhythm.
- Whilst one player is working, their partner holds the back of the chair still for their partner to complete the activity safely.

timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts the amount of step ups performed.
- 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:

- The children must find a space to complete the activity on the spot.
- They must start in the 'pencil' position with feet together and hands straight down by their sides.
- Jump into a star position with hands and feet out to the side, then return to the pencil position.

timing and rotations:

- Player 1 from each pair performs the exercise for **45 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 rotate the pairs onto the next station.

how to set up:

- Children should stand in a space suitable to spread their arms out with their items ready.

equipment:

- 2 suitable items to hold such as...
- 2 heavy books
- 2 paper-weights
- Etc.



how to play:

- Children must hold the items in their hands with their arms spread out horizontal in line with their shoulders.
- They must keep their arms horizontal for as long as possible.

timing and rotations:

- Player 1 from each pair performs the exercise for **30 seconds** whilst their partner ensures their arms stay horizontal.
- Record how many seconds they can hold out for.
- Maximum score for the whole 30 seconds.
- 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:

- The children begin the burpee exercise in the press-up position
- Then bring their knees in towards their chest.
- Then stand up and jump up as high as they can.
- Repeat by getting back into the press up position.

timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts how many burpees are performed.
- Player 2 then performs the exercise with player 1 counting.
- Repeat the exercise 2 – 3 times. Encourage the children to beat their previous score, then move the class onto the next exercise.