

### 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.

### 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 teacher should demonstrate the technique of a squat jump to the class.
- The children must squat down slightly, by bending the knees, and jump up as high as they can, raising their arms straight up as they jump.
- When they land, encourage children to bend their knees to go back into the squat position.
- Repeat the exercise.

### timing and rotations:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts the jumps.
- 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 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:

- Player 1 from each pair performs the exercise for 30 seconds whilst their partner counts how many jumps are 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 set up:

- Children place their hands on the seat of the chair and extend their legs out behind them (head and shoulders over the hands).



### how to play:

- Children should bring in one foot and extend the other, alternating the leg each time, at speed.
- Ensure a good technique and posture throughout.

### 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.