

### 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.

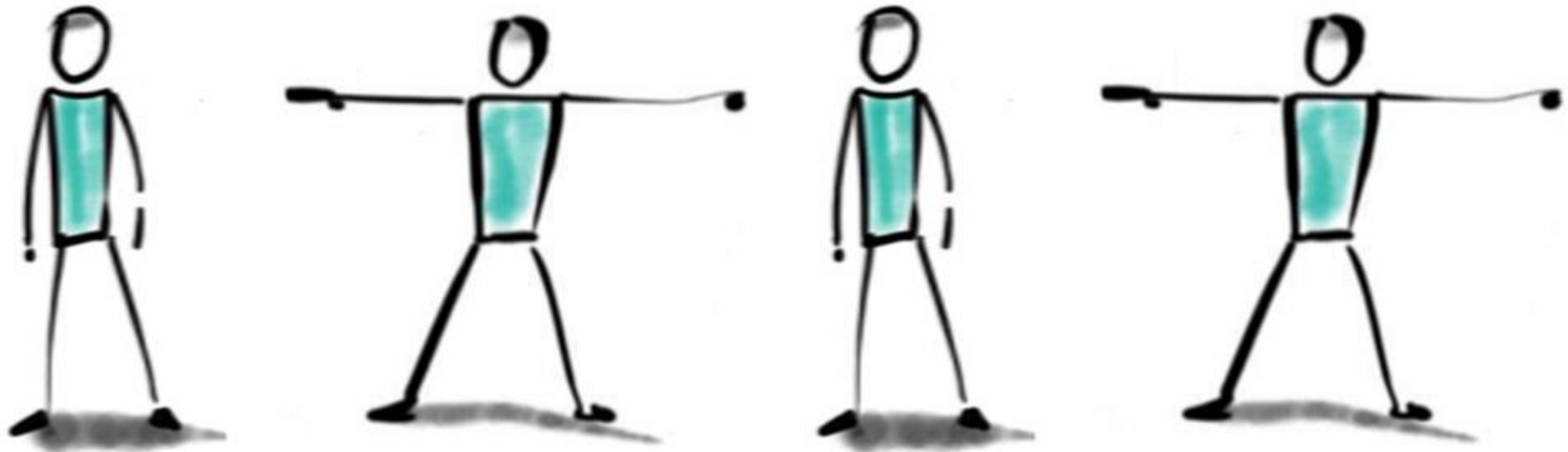


### how to play:

- On the 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:

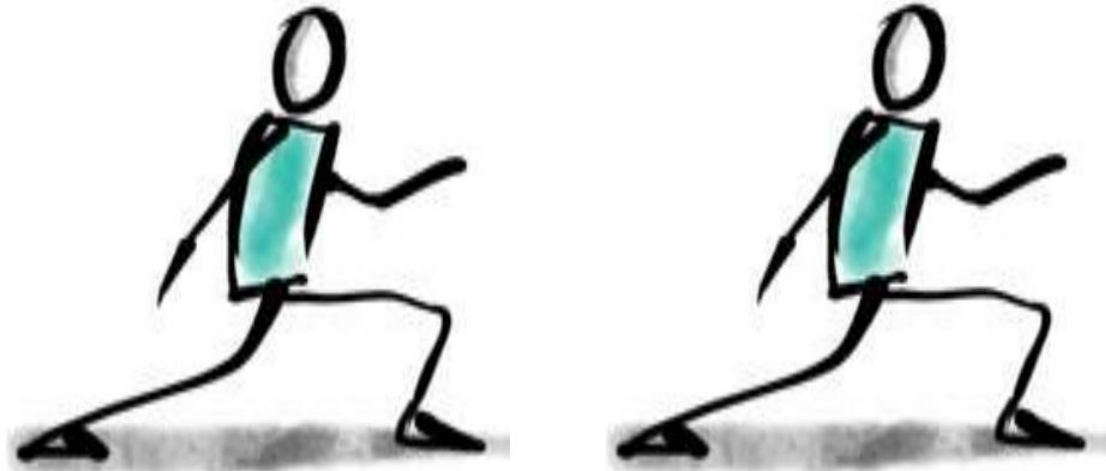
- Player 1 from each pair performs the exercise for 45 seconds whilst their partner counts how many are performed.
- Player 2 then performs the exercise with player 1 counting.
- Repeat the exercise once trying to beat their first score, then rotate the pairs onto the next station.

### equipment:

- Use an open space.
- If available, use a mat or padded surface.

### how to score:

- Perform 10 lunges on each leg, then rest for 40 seconds.
- Can you complete this 5 times?



### how to play:

- Stand tall with your feet slightly apart. Take a big step forward, bending your knees.
- The thigh on your front leg should be horizontal.
- The shin on your back leg should be almost touching the floor.
- Push your body backwards to stand up again.
- Repeat on the other leg.



### how to play:

- The plank is performed by placing the hands, elbows, and feet on the floor
- The rest of body should be lifted off the floor, as straight as possible.
- Encourage children to keep their back in a straight line and keep their stomach off the floor.

### timing and rotations:

- Player 1 from each pair performs the exercise for **45 seconds** whilst their partner rests and waits.
- See how long they can remain in the plank position for during the 45 second time period.
- Player 2 then performs the exercise whilst player 1 rests.
- Repeat the exercise once trying to hold the plank position for longer than their first attempt, then rotate the pairs onto the next station.

### equipment:

- Use a box or a step to work on.
- If not accessible, use a bag or suitable household item to tap.

### how to score:

- How many steps can you complete in 30 seconds?



### how to play:

- Tap the step with the bottom of your right foot, then tap with the bottom of your left foot.
- Repeat this and keep going until the time is up.
- How many can you complete in 30 seconds?
- *Try and beat your previous score.*