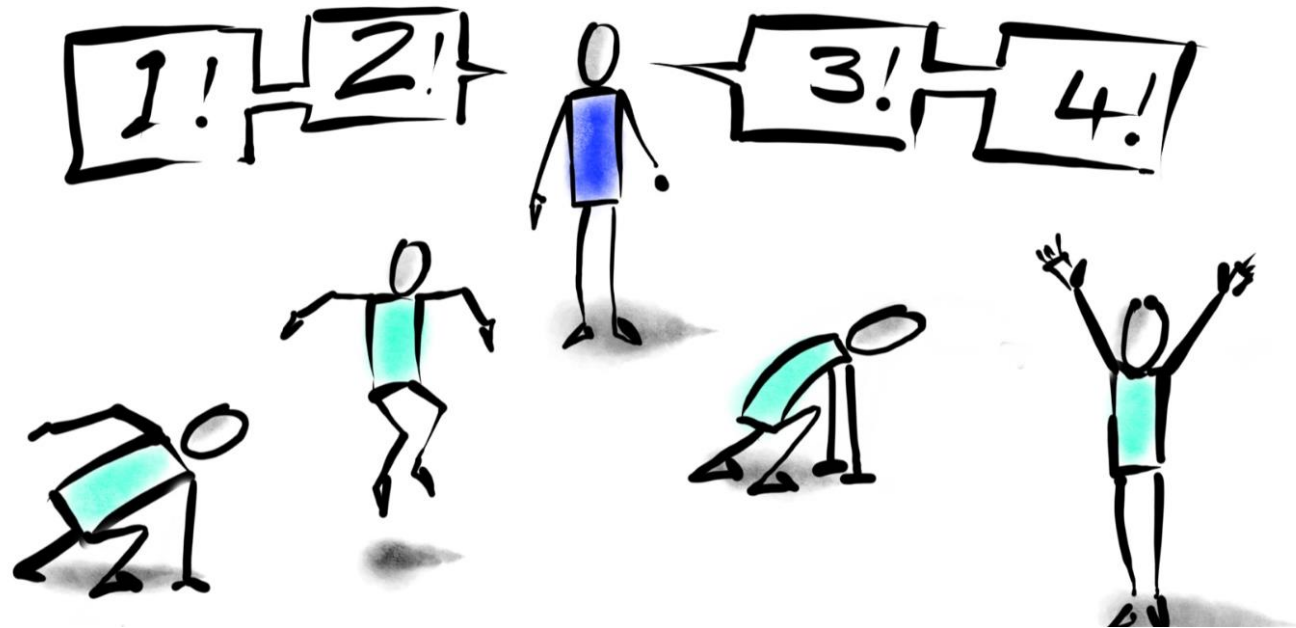


how to set up:

- The children will perform the activity on the spot.
- They must listen to the commands and perform each action once.
- Have an adult or sibling demonstrate the correct technique for each action to aid the children's understanding (if required).



how to play:

- The children should be jogging on the spot until a number is called out.
- Each number represents a different action.
- When a number is called, children should complete the action.
- In between the numbers being called out, the children should be jogging on the spot.
- Keep calling out different numbers.

commands/actions:

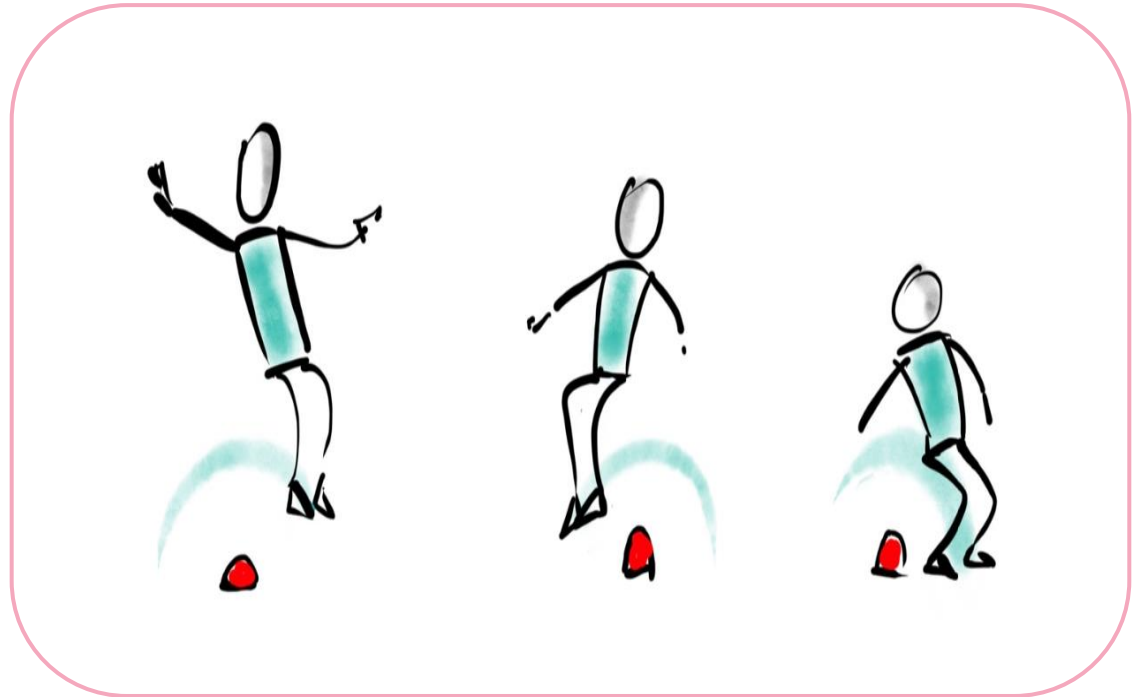
- **Number 1:** Touch the floor with one hand.
- **Number 2:** Jump.
- **Number 3:** Touch the floor with both hands.
- **Number 4:** Freeze in a position and hold for 5 seconds. (Encourage children to think of a different pose every time number 4 is called.)

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:

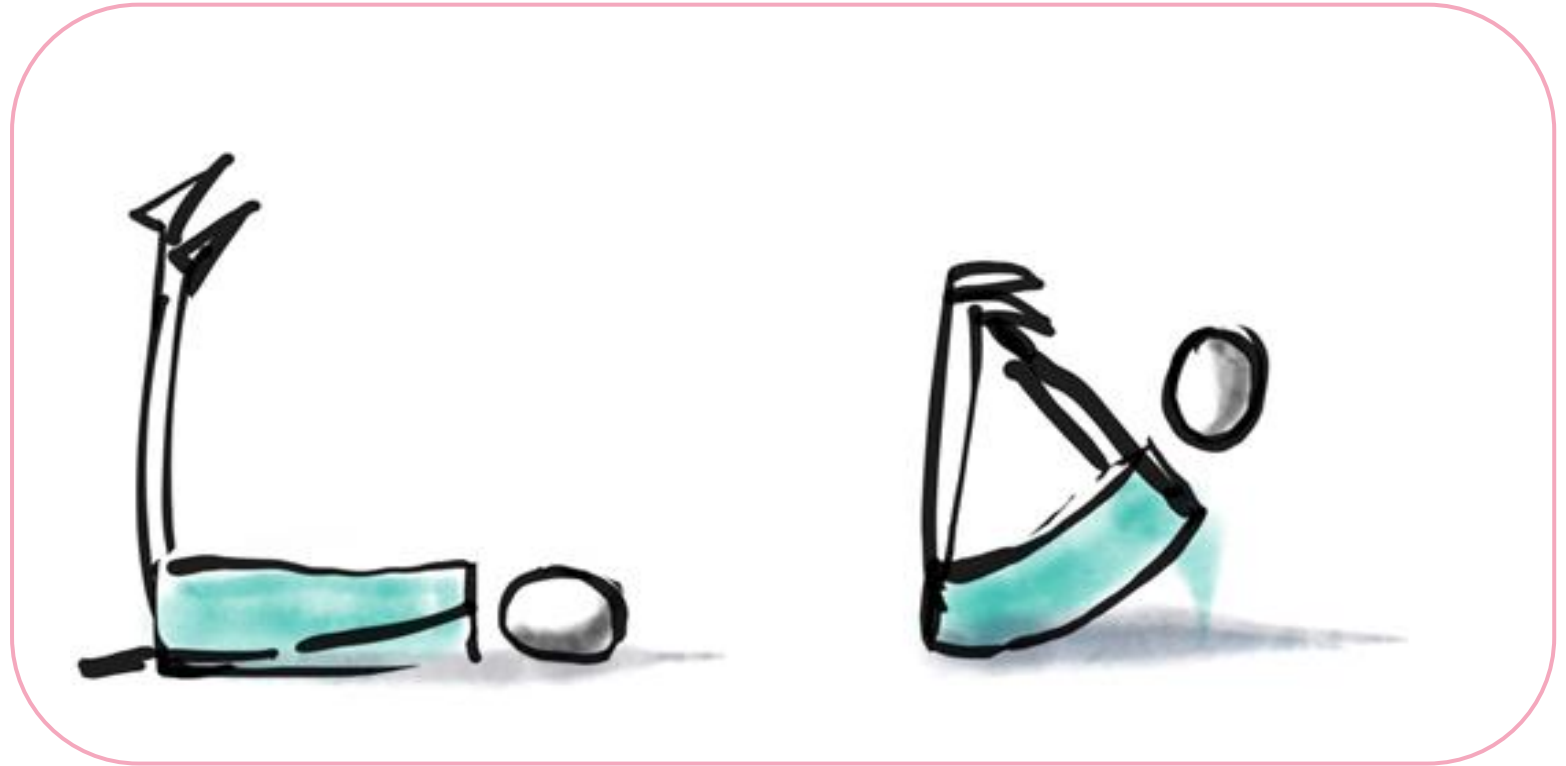
- Ask the children to spread out and find a space in the area, in their pairs.
- On the adult's command, the children must sprint as quick as they can on the spot for 30 seconds.
- Encourage children to drive their arms and knees high when performing the sprint.
- Encourage the pupils to keep an even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

- Children complete the cool down in a safe space, on the spot.
- An adult calls out one of three commands: tall, wide, or small and children complete the correct stretch for that command.
- **Tall Stretch** - Raise arms and hands high above the head; reach up onto the tip toes; stretch the body as high as possible.
- **Wide Stretch** - stand in a star shape; reach arms straight out at the side of the body; spread feet so they are just over shoulder width apart; stretch as wide as possible - imagine someone is pulling each of your hands.
- **Small Stretch** - crouch down into a small tuck shape; balance on feet; hold legs tight into chest, making your body as small as possible.
- Hold each stretch for 10 seconds and repeat.