

Star Jumps



Stand with hands by your sides, feet together, jump up into the air and make a star shape. Feet off the ground when in your star shape

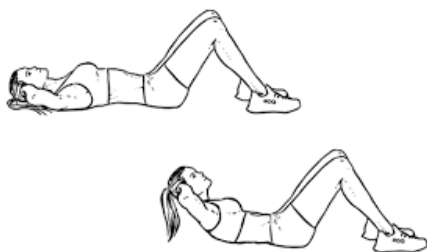
Squats

Feet hip width apart, cross arms and sit back into heels then stand up straight.



Sit ups

Hands behind the head, curl up towards knees.



Burpees

Stand with feet together, bring hands to floor, jump back into a push up shape, lower down to floor, jump forward and jump up and clap hands over head.



Press-ups



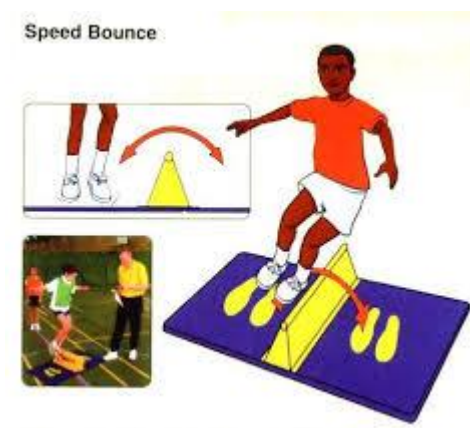
Standing Long Jump (estimate the length of the jump, less than 1m, 1m-1.5m, 1.5m-2.00m, 2.00m+)

Start and land on two feet. Bend knees and swing arms forward. Measure from take-off to heels.



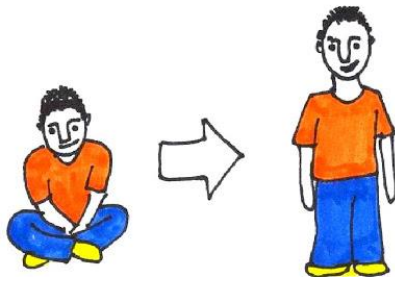
Speed Bounce

(Use a line on the floor, ruler or piece of paper folded in half lengthways) - Two-footed jump over the mark is one repetition



Sit Down/Stand Up

Children sit down with crossed legs then stand up which equals one repetition. For an added challenge can you do this without using your hands?



Blindfold Balance

Assume tree pose with one leg resting either on the inner thigh or inside calf, hands on hips or in the air. Close eyes or use a blindfold.



Plank

Children can choose knees up or down (try to keep hips to crown of head in a straight line)

