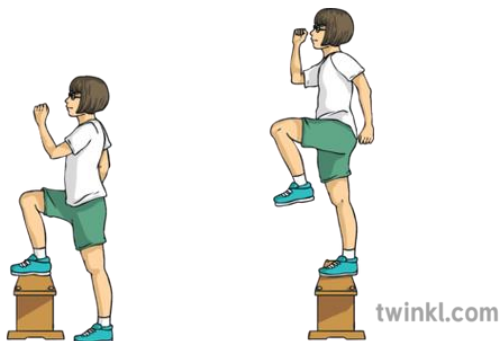
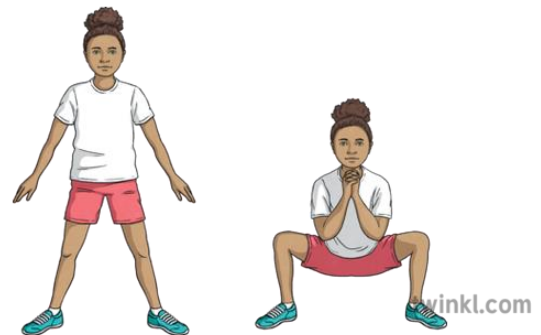


Reception and Infants

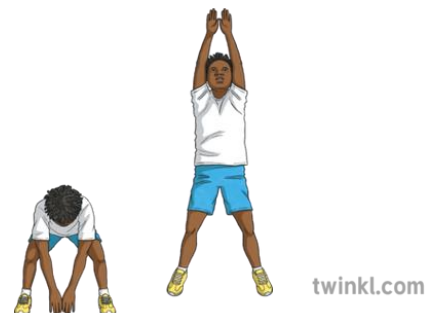
The following exercises are for our reception and infant children.

Squats- Children are to perform as many squats as they can in 1 minute. To perform a squat, first stand up straight, feet in line with hips. Then bend knees, pretending to sit on an invisible chair. Then straighten legs to return to starting position.

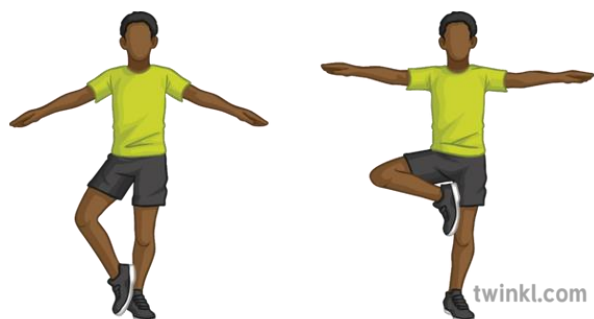


Step Ups- Children are to perform as many step ups as they can in 1 minute. The step up can be performed on any step, stair or stool. Children must place one foot on the step, followed by their next foot. They then proceed to step down one foot at a time. That is counted a 1 step up

Moving Bunny Hops- Children are to perform as many bunny hops as they can in 1 minute. This can be performed in any small space. Starting in a deep squat position with both hands on the floor, children are then to jump forward around the small space. Each successful hop is counted as 1



Star Jumps- Children are to perform as many star jumps as they can in 1 minute. Start off down in a crouched position with your feet at hip width and your arms by your sides. From this position jump up explosively as high as you can. As soon as your feet leave the ground, open your legs out to the sides and lift your arms up and out to the sides at the same time. Each jump is counted as 1. **Remember you only have one minute for each exercise so be as quick as you can!**



Balance- This activity tests your balancing skills. Stand still with both feet on the floor. When you are ready to start, lift one foot off the floor. As soon as your foot comes off the floor your time starts. For each second your foot remains off the floor you get 1 point. For example, if I manage to hold my foot off the floor for 20 seconds, I would get 20 points. You have a maximum of 30 seconds on each foot. The highest score achievable would be 30 seconds on each leg meaning a combined score of 60 points

Score sheet

Name:		Class:
Exercise		Score
Squats		
Step Ups		
Bunny Hops		
Star Jumps		
Balance	Left Leg	
	Right Leg	
Overall score		

3 completed challenges = Bronze

4 completed challenges = Silver

5 completed challenges = Gold



Email your score sheets to office@charing.kent.sch.uk