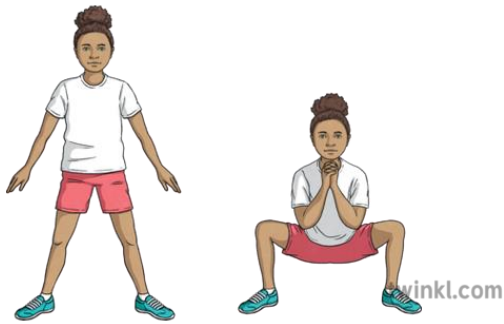




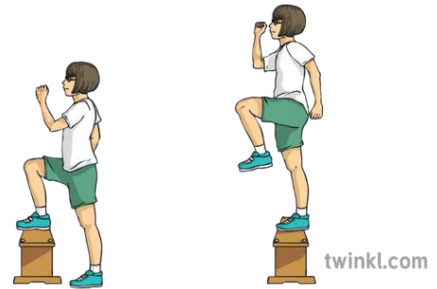
Juniors

The following exercises are for our junior children.

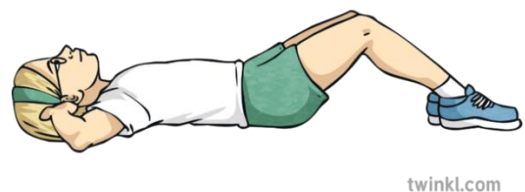


Squats- Children are to perform as many squats as they can in 1 minute. To perform a squat, first stand up straight, feet in line with hips. Then bend knees, pretending to sit on an invisible chair. Then straighten legs to return to starting position.

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.



Sit Ups- Children are to perform as many sit ups as they can in 1 minute. Lie down on your back, keep your knees bent and your back and feet flat on the floor. Slowly lift your torso and sit up. Then return to the starting position. That is counted as 1 sit up. Remember to keep good form and control to prevent injury



Press Ups- Children are to perform as many press ups as they can in 1 minute. Children can perform full or half press ups depending on ability. Get down on all fours, placing your hands slightly wider than your shoulders. Straighten your arms and legs. Lower your body until your chest nearly touches the floor. Then push yourself back up. This is 1 full press up and will count as 1 point.

To perform a half press up get down in the stand press up position but place you knees on the floor. Again lower your body until your chest is nearly on the floor then push yourself back up. Every half press up is half a point. For example 2 half press ups equal 1 point. Once again form and control is important to prevent injury.



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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 that 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.

Plank- Children are to perform a plank for a long as they can (Maximum 1 minute). To perform a plank get in the push up position, only put your forearms on the ground instead of your hands. Squeeze your glutes and tighten your abdominals. Keep a neutral neck and spine. Create a straight, strong line from head to toe. Hold that position. Each second you hold the plank equals 1 point. For example, if I hold the plank for 40 seconds that equals 40 points.



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Score sheet

Name:		Class:
Exercise		Score
Squats		
Step Ups		
Sit Ups		
Press Ups		
Balance	Left Leg	
	Right Leg	
Plank		
Overall score		

3 completed challenges = Bronze

4 completed challenges = Silver

5 or more completed challenges = Gold



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