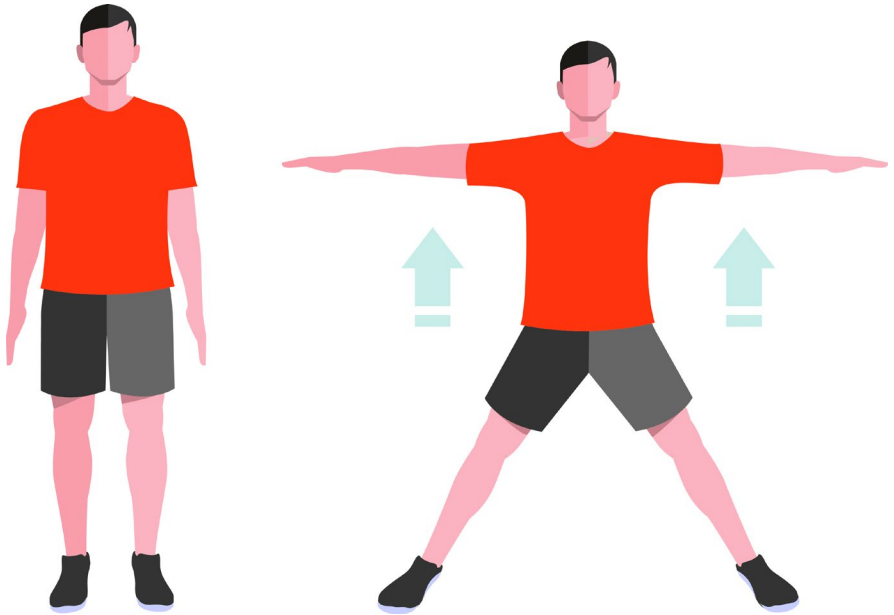
Aerobic fitness

Jumping Jack



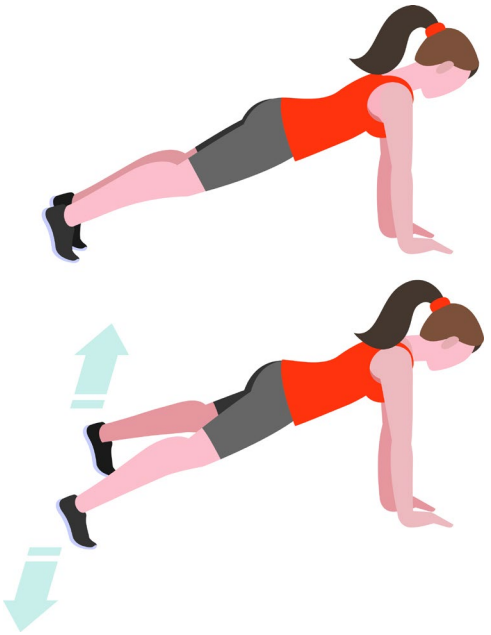
Key components

1. Start with feet **facing forward** next to each other, and arms **by the side** of body.
2. Move feet apart (i.e. sideways from body) and arms upward **simultaneously**, then bring arms back down to side when **jumping** feet back into start position.
3. Cushion landing by slightly **bending** knees on impact.

Make it harder: as you jump out, just as you would in a jumping jack**,** jump so both feet come off the ground as you raise your hands above your head. Land and repeat.

Aerobic fitness

Plank jack



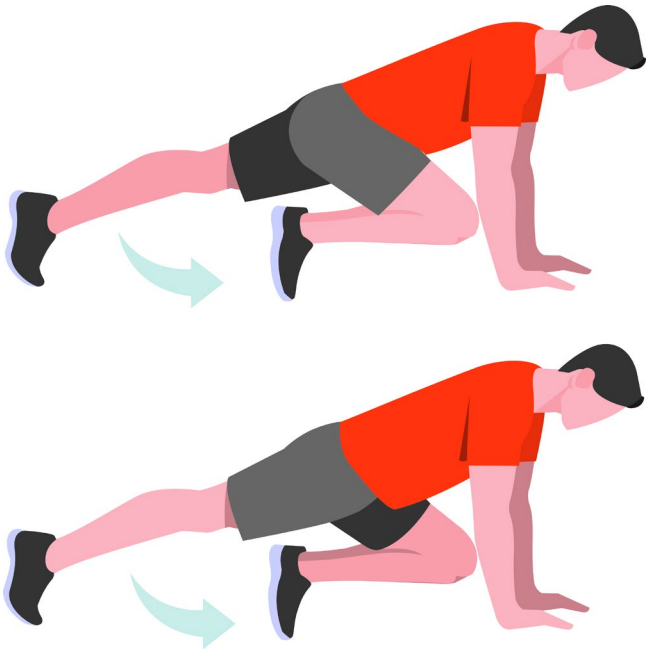
Key components

1. Begin in **plank** position, with your hands under your shoulders, body in a **straight line**, and feet together.
2. Like the motion of a jumping jack, **jump your legs wide** and then **back together.**
3. Raise or lower **hips** to maintain a **straight line** from **head to heels** throughout the entire movement.

Make it harder: Make sure you keep your belly button pulled in (core engaged) so you do not let your hips drop.

Aerobic fitness

Mountain climber



Key components

1. Start in **plank** position, with arms extended and hands **under shoulders.**
2. Lift **knee** up until it is near corresponding **elbow.**
3. Place foot back and **alternate** legs
4. Keep **straight line** through head, back and hips during entire movement.

Make it harder: Make sure you keep your belly button pulled in (core engaged) so you do not let your hips drop.

Aerobic fitness

High knee running



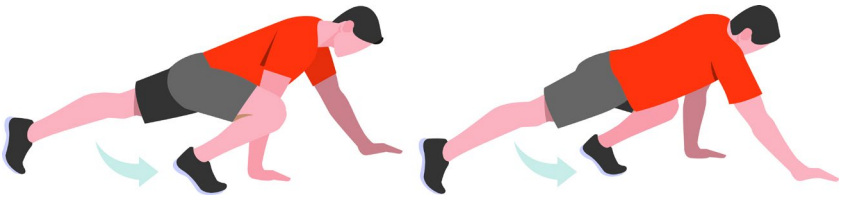
Key components

1. Lift your right knee and left arm **high** like you are running.
2. Lift your thigh at least to **parallel** with the ground.
3. Quickly **alternate** sides in a running action **on the spot.**
4. Keep your **head up** and look **straight ahead.**

Make it harder: Pump your arms and legs as quickly as you can. Try to be light on your toes by landing softly. Do not forget to spring off the ground to raise your knees higher.

Aerobic fitness

Bear crawl



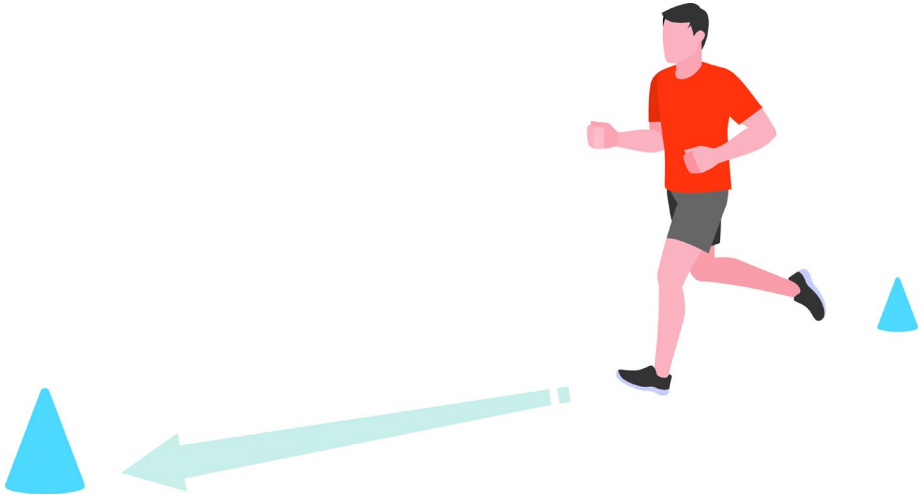
Key components

1. Lower body to '**bear position**' (on hands and toes), with hands placed under shoulders.
2. Coordinate movement between arms and legs, and move **right hand** and **left leg** forward simultaneously, then **left hand** and **right leg**.
3. Knees remain **off ground** during crawl.
4. Keep **hips low** so there is a **straight line** from head to heels.

Make it harder: Keep your core stable and try not to rock sideways as you move. Take longer strides and reach as far as you can with your hands.

Aerobic fitness

Shuttle runs



Key components

1. Set-up two points **5-10** metres apart or use existing line markings.
2. Run between **2 end points**, placing one foot behind the line before starting the next shuttle/run.
3. Speed up from the line, **using arms** to aid you, and **maintain speed** throughout run.

Make it harder: At each end point, complete 4 body weight exercises (squats, star jumps, lunges etc.) before running back.

Aerobic fitness

Basic jump



Key components

1. Jump on the balls of your feet.
2. Maintain a slight bend in your knees.
3. Only jump a few inches off the ground.
4. Keep an upright body position.

Make it easer: Start by doing two small bounces without the rope i.e. jump whilst practicing the timing for the hands and feet movement.

Make it harder: Try jumping off one foot instead of two and alternate the pattern i.e., add a kick with the other foot.

Aerobic fitness

Shape jumping



Key components

1. Mark out a shape on the group (you can use crayons, socks, rocks or your imagination).
2. While skipping rope, trace around the outside of the shape.

Make it harder: Complete double unders. Start by jumping higher than you normally do, then swing the rope twice **quickly** under you before you land.

Aerobic fitness

Crossovers



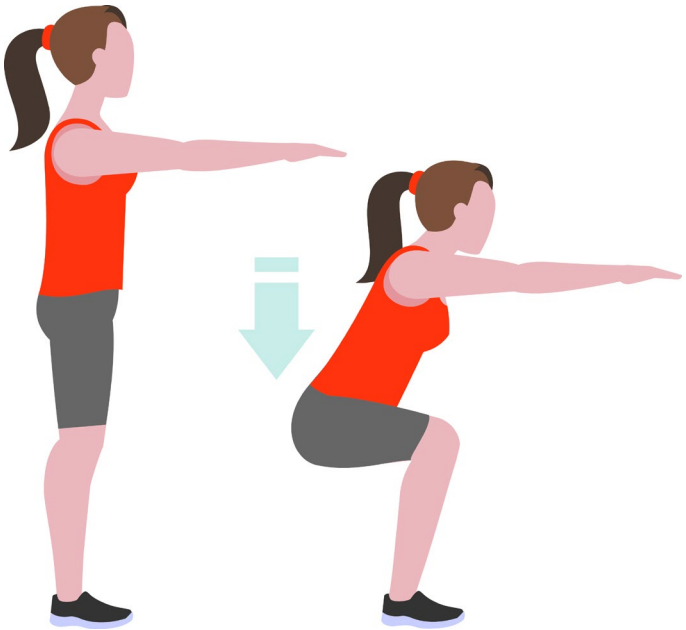
Key components

1. Start by skipping over the rope i.e., as normal.
2. Cross over your hands/wrists till they are wider then your whole body.
3. Jump over the rope.
4. Bring your hands back quickly to where they were to start i.e., usual sides and jump over the rope again.
5. Repeat.

Make it easier: Try running (or skipping) on the spot and perform a crossover where possible.

Muscular fitness

Squat



Key components

1. Feet are **shoulder width** apart and facing **forward**
2. Back is kept **straight and stable** as you sit your bottom back and down
3. Knees point in the **same direction** as feet and heels remain **on floor** during movement
4. Thighs are **parallel to the floor** at the bottom
5. Push through **your heels** as you extend your knees and hips to stand up

Make it easier: Widen the gap between your feet.
Make it harder: Lower into a squat, as you are standing up jump as high as you can. Land with soft knees and repeat.

Muscular fitness

Lunge



Key components

1. Take a **big** step forward.
2. Torso is kept **upright and stable** at all times (no twisting).
3. Knee of rear leg is **almost touching** the floor.
4. There is **alignment** between hip, knee and foot of each leg.
5. Return to starting position in **one movement.**

Make it easier: Take a shorter step or have your hand resting on a wall.

Make it harder: Push off the ground, switching the positions of your legs while airborne so you land and drop into another lunge.

Muscular fitness

Lateral jump



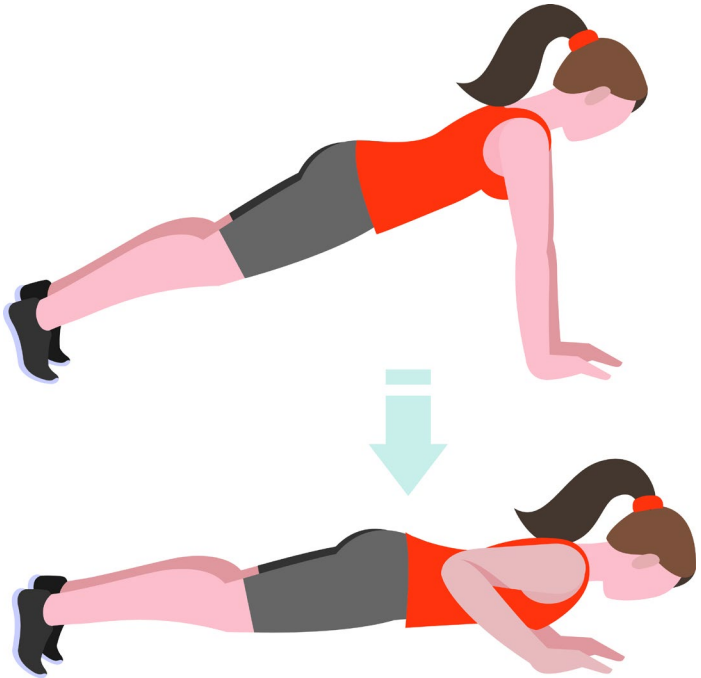
Key components

1. Jump side to side with feet **close together.**
2. Aim for **height** and **speed.**
3. Spring off the **toes** and **drive the arms** up to get more height.
4. Keep back **straight** and head **up.**

Make it easier: Jump over a line to start
Make it harder: Jump up and over the cone, the more you clear the cone harder it is.

Muscular fitness

Push-up



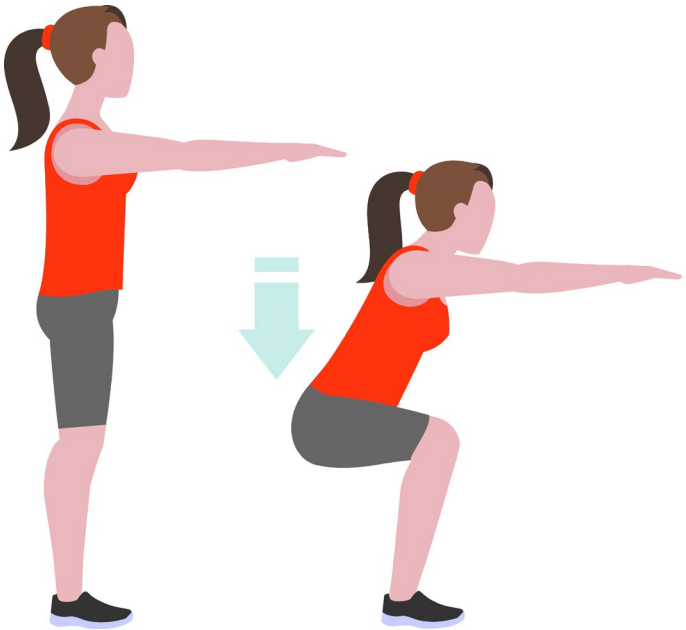
Key components

1. Hands are **shoulder width** or slightly wider apart.
2. Head, back and hips are held in a **straight line** throughout the movement.
3. Body is lowered until elbows are at a **90 degree** angle.
4. Shoulders are held **down and away** from ears (i.e., shoulders are not shrugged).

Make it easier: Push-ups on knees can be completed, i.e., feet and knees remain on the ground. Push-ups against a wall, i.e., take one step back from a wall and perform a vertical push-up.
Make it harder: Bring hands closer together or elevate your.

Muscular fitness

Squat



Key components

1. Feet are **shoulder width** apart and facing **forward.**
2. Back is kept **straight and stable** as you sit your bottom back and down.
3. Knees point in the **same direction** as feet and heels remain **on floor** during movement.
4. Thighs are **parallel to the floor** at the bottom.
5. Push through **your heels** as you extend your knees and hips to stand up.

Make it easier: Widen the gap between your feet.
Make it harder: Lower into a squat, as you are standing up jump as high as you can. Land with soft knees and repeat.

Muscular fitness

Tricep dips



Key components

1. Sit on the edge of a bench, step or chair, with hands gripping **the edge** next to your body.
2. Begin with **knees bent** (easier) or **straight** (harder).
3. Keep hands on bench/step/chair and **push away** until arms on an angle. Lower body **slowly** by bending arms until **slight stretch** is felt in chest.
4. Raise body **back to start position** by straightening arms and repeat.

Make it easier: Bring your feet closer to the chair/bench i.e., so they are nearly under you.
Make it harder: Strengthen legs. Try raising one foot.

Core stability

Tree



Key components

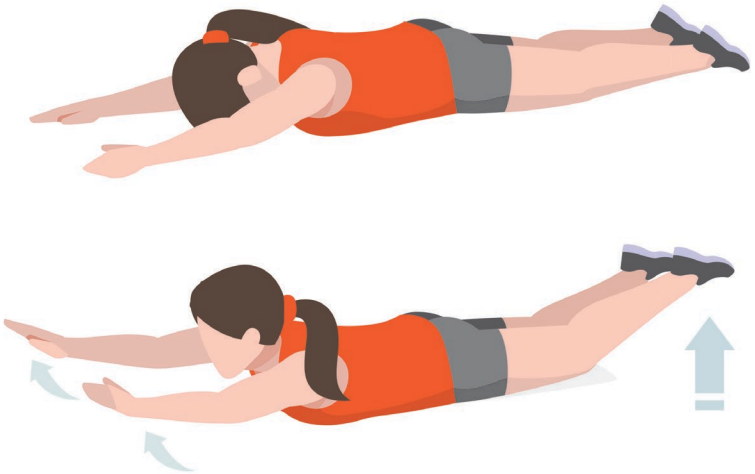
1. Stand up straight. Then shift your weight onto your left leg.
2. Keeping your hips facing forward, place the sole of your right foot inside your left thigh and find your balance.
3. Take a prayer position with your hands and then reach your arms up as you would as if standing.
4. Repeat on other leg.

Make it easier: Both feet on the ground but stand on tip toes.

Make it harder: Extend one leg to the side or go on tip toes (i.e., one 1 foot).

Core stability

Superman



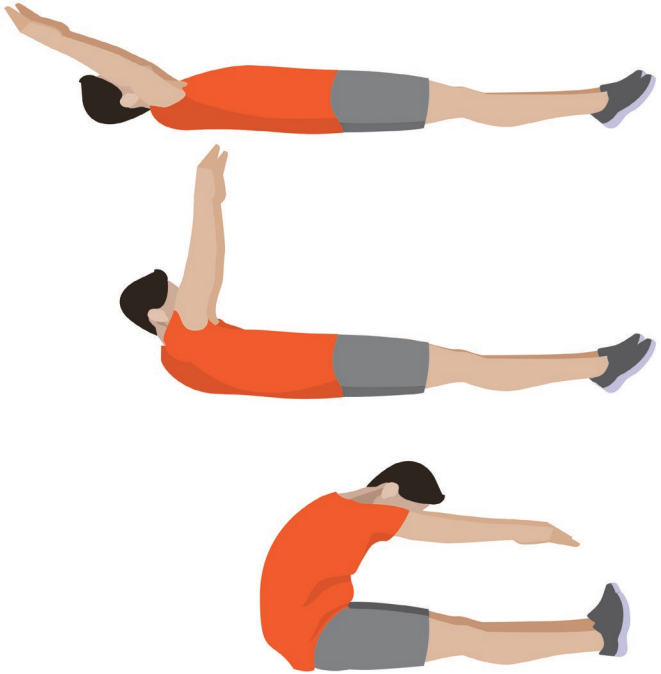
Key components

1. Lie down flat on your stomach with your arms up over your head.
2. Simultaneously raise arms, legs and chest off the floor and hold this contraction for 5 seconds.
3. In a controlled manner, simultaneously lower arms, legs and chest back to the starting position.

Make it harder: try raising your hands and feet higher in the air and flutter them i.e., raise/drop them slowly like your were swimming.

Core stability

Pilates roll up



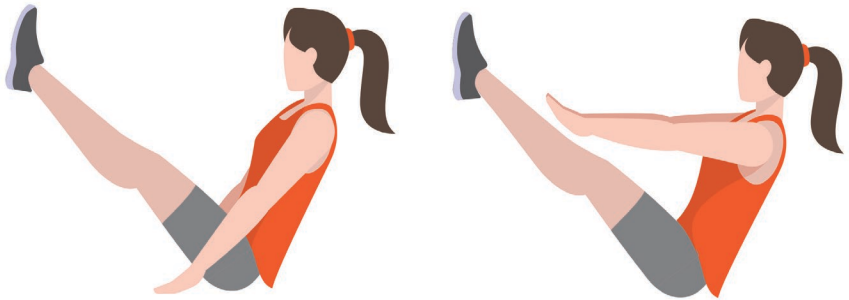
Key components

1. Lie back with your legs straight and arms extended above head next to ears.
2. Bring arms forward, tilt chin down, and slowly curl upper body up, reaching hands to toes.

Make it easer: Bend your knees.
Make it harder: Raise feet slightly off the floor for 20 seconds.

Core stability

V-sit



Key components

1. Start by sitting with your legs and back straight (like the letter L).
2. Lean back and contract your abdominal muscles and core.
3. Slowly lift your legs up to an extended position at a 45-degree angle to form the shape of a ‘V’.

Make it easier: Bend at the knees and do not lift your legs as high.

Make it harder: Reach your arms straight forward and hold for 20 seconds.

Core stability

High plank



Key components

1. Position hands slightly wider than shoulder-width apart (similar to push-up position).
2. Ground the toes into the floor and squeeze the bottom to stabilize your body.
3. Keep your neck and back straight by looking at a spot on the floor about 30cm beyond the hands and hold the position.

Make is easier: Do the above on your knees.
Make it harder: Do the above but lift one hand of the ground and touch the opposite shoulder. Then, swap to touch the opposite hand to shoulder.

Core stability

Warrior pose



Key components

1. Stand with legs approx. 1m apart, turning right foot out 90 degrees (side on) and left foot in slightly.
2. Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down.
3. Bend right knee 90 degrees, keeping knee over ankle; gaze out over right hand. Hold for 1 minute.
4. Swap sides and repeat.

Make it harder: Raise your hands/arms above your head.