

## Exercise For Children To Keep Active At Home KS2

**Stretches-** each stretch should be held for 10-15 seconds for each limb, with a 30 second break before switching sides and before moving onto the next exercise

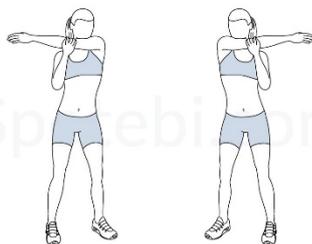
- **Quad stretch-** stand on one leg, while holding the other leg up behind while trying to keep knees together, for balance stretch the opposing arm outwards or hold ear



- **Hamstring stretch-** the leg which is in front should be straight with the toes lifted up, the back leg should have the knee bent, with hands leaning on the bent leg



- **Shoulder stretch-** bring your arm across your chest and place your hand from the other arm on your elbow

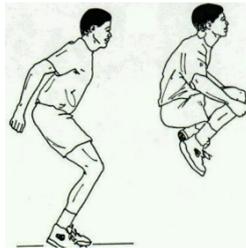


**Jumping- each exercise should be done for 30 second with a 30 second break straight after**

- **Star jumps-** stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to centre on landing



- **Tuck jumps-** bend knees and lift heels high while jumping



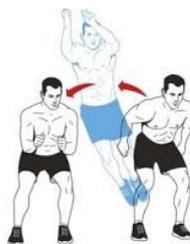
- **One foot hops-** lift one knee and jump on standing leg, switch standing leg after 15 seconds



- **Burpee-** Drop quickly to the floor and explode out off the push up into a jump.



- **Pretend Hurdle jump-** Imagine there is a hurdle and jump side to side over it, jump with both feet together



**General exercises-** each exercise should be done for 30 seconds with a 30 second break after completing, unless the exercise says otherwise

- **Running on the spot-** run in one spot as quickly as you can



- **Lunges-** step forward with one leg and then bend your legs, alternate constantly between the leg which steps forward



- **Sit-ups-** lay on the floor with your knees bent and feet bottoms touching the floor, put your arms across your chest, then try to sit up and get your arms to touch your legs, then go back to the floor and repeat the movement



- **Plank-** Elbows on the floor and balanced on your tiptoes, just try hold it as long as you can



**Competition – Do the above exercises for 6 days before doing the competition**

Count the number of Sit-ups you can do in 30 seconds

How many Seconds can you hold the plank position for?

How many hurdle jumps can you perform in 30 seconds?

How many burpee jumps can you perform in 30 seconds?

How many hops can you perform on your right leg in 30 seconds

How many hops can you perform on your left leg in 30 seconds