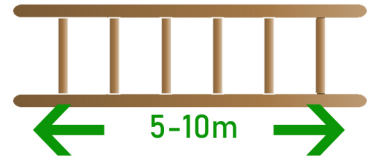




Warm up:

RUNNING



Ladders: 5-10m distance

If you don't own any ladders, you can create your own by using string, socks, path flag lines, decking boards or anything straight – position them about 1-2 feet apart.

Aim is to not stand on the lines, only the spaces in between

Exercises: 1 foot in each space / 2 feet in each space / 2 footed jumps / Hops / High knees

To make this a bit more competitive, time each run through and see if you can beat it



Main activity 1: Reactions



With the ladders you have created, place an object another 5-10m after the end of your ladders, this will allow you to complete the ladders and sprint to the object

During the sprint section focus on:

- * Standing up tall, using your arms (make sure your hands brush your cheek and as you drive them back they should brush your hip), lifting your knees up so they are in line with your hips, running on the balls of your feet
- * To make it even harder you could add an obstacle in the middle of your sprint section so you have to jump over it and then run to the end. Time each run and see if you can get faster!

Main activity 2: Standing Long Jump and Speed Bounce

* **Standing Long Jump:** this activity is a test to see how far you can jump

Place two objects 1 metre apart and use this as your jumping start point

If you have a tape measure put this along side a 2-3m length of your room/garden

If not use different objects as targets (socks, shoes, tins/cans)

Key points: legs, shoulder width apart, swing your arms back, bend your knees, push upwards to go forwards

* **Speed bounce:** find a line in your garden or create your own line – this should be no longer than 1 metre long

You must continuously jump over the line from side to side as many times as you can within a 30 second time period – repeat this 3 times and see if you can improve your score

To make these activities harder, you could move your targets further out in SLJ and for speed bounce have an obstacle you must jump over that makes you jump higher

You can finish with a 5 minute run around the garden, or using your 5-10m ladder distance run continuously from one end to the other and count how many shuttles

you can do within 5 minutes

