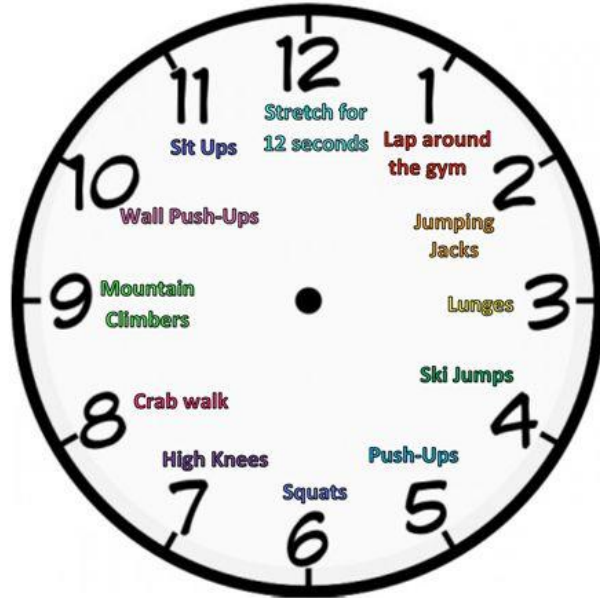


Practical Activities for Outdoor Play

Clock Warm-Up



Opposites (Whatever the coach calls out, do the opposite e.g. Stop = Move, Go = Stop, Run = Walk, Walk = Run, Jump Up = Get Down, Get Down = Jump Up etc).

This is done on the spot in their hoop or at their cone

- Tepee Pencil:
- Ask the pupils to move around a set space and on the following they need to:
- On 'tepee!' they have to put both their hands together above their heads and then not move.
- If you shout 'pencil!' then they have to stand with their arms at their side.
- On 'ball!' where they had to curl up in a ball on the floor".
- On 'tree!' had to stand with their arms out like tree branches.
- On "Bridge!' then they would have to make an arch with their body, keeping their hands and feet on the floor.
- On 'fall!' or maybe 'starfish!', then they have to lie flat on the ground.

Skipping:

Equipment needed:

Skipping rope or an area that you jump side to side in.

How to perform the activity:

In 60 seconds try and see..

If you have a rope how many times you can skip with single jumps, cross skip or backwards...

If you do not have a rope, how many times you can jump side to side...

- Simon Says – teacher led from their hoop/cone
- Mirror Mirror – using someone who is the hoop closest to them to copy
- Traffic lights – green (run on the spot), amber (jump on the spot) and red (stop)
- Exercise circle – pupils all asked to pick an exercise and then complete this in their personal space
- Bean game – performing the actions on the spot (runner, jumping, skipping, wide, tall etc.)
- Bop it – walk on the spot, jog on the spot, jump on the spot, skip on the spot and when they hear bop it (pupils freeze and stand still)
- Alphabet game – move on the spot and make a letter with body when one is called.

Captains Orders:

You need one person to be the captain who gives the orders at the side:

- Captain's coming**

The crew must salute the captain and stand at attention

- Run to starboard/port**

The crew must run to the left (port) or right (starboard) sides of the room and touch the wall.

- Scrub the deck**

The crew must do 10 pushups

- Man the lifeboats**

The crew will perform 10 sit-ups while moving their arms like oars

Funny Running:

This is a super fun game that young children will love.

The objective of funny running is to get from one side of the area to the other while running like an animal. You can choose a different animal for each pass, including monkeys, snakes, horses, and kangaroos.

You can also have the kids run across the area while performing a funny dance like the Floss Dance or teach them some disco moves. Put some catch music on and they will have the time of their lives as they exercise!

Star Jumps:

Say 'Arms out!' and jump, landing with your arms and legs out like a star.

Shout 'Arms in!' and jump, landing so you are stood up straight with your arms at you side.

Give them 10 seconds to do as many star jumps as they can. After you've given them ten seconds, ask how many they did. This makes things competitive, and you can now get all the children to try again and see how many star jumps they can get in another 10 second period. This time round they'll start doing super-fast star jumps as if their lives depended on it

The "Pyramid" ...

What do I need?

A space in the playground and a hoop

How does it work?

- Set up a number of hoops with a 2m distance and different parts of the playground
- Pupils to run from their hoop to a set line and back
- Then create a number of levels where pupils can run up and down for.

ICE AND SUN

When the pupils hear the word sun they can move around their spot/hoop and where they hear ice they need to stand still

Animals (Children are to move around their hoop like an animal that the coach/teacher calls out. When the coach shouts “You’re at the Zoo” the children can move around as whatever animal they want).

Late for School (tell pupils to copy your movements. Make a story out of what you are doing that represents getting up in the morning, going to school etc.).

Mirroring:

You need a partner.

Choose one partner to start doing various motions. They can kick, move their arms, spin around, or do any other motions.

The child’s partner will try to mirror their motions. You can set a time limit and when the time is up, the partners can trade places and the child who was doing the mirroring can start doing the motions.

VIDEO RECORDER

Children respond to the following video controls, using the appropriate actions:

Play - walk around

Rewind - run / walk backwards

Fast Forward – run

Pause - jump on the spot

Stop – stop

Eject - Jump Up!

Record - Pull a funny face!

Opposites

(Whatever the adult calls out, do the opposite e.g. Stop = Move, Go = Stop, Run = Walk, Walk = Run, Jump Up = Get Down, Get Down = Jump Up etc).

Can you spell your own name?

Could you create words and spell them using the challenge with the yellow heading?

what's your name?
Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE, INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head

FITNESS SPELLING CHALLENGE

Spell a word while performing the exercise after each letter.

- | | |
|---------------------------------|---------------------------------|
| A = 15 front arm circles | N = 10 jumping jacks |
| B = 10 squats | O = 10 count plank hold |
| C = 5 push-ups | P = 10 ab crunches |
| D = 10 jumping jacks | Q = 5 sky jumps |
| E = 10 count plank hold | R = 5 push-ups |
| F = 10 ab crunches | S = 10 bunny hops |
| G = 15 back arm circles | T = 10 knee to elbows |
| H = 5 sky jumps | U = 15 front arm circles |
| I = 10 knee to elbows | V = 10 squats |
| J = 10 bunny hops | W = 10 single leg hops |
| K = 10 leg lifts | X = 15 back arm circles |
| L = 10 alt. toe touches | Y = 10 leg lifts |
| M = 10 single leg hops | Z = 10 alt. toe touches |

OLYMPIC ALPHABET FITNESS

- | | |
|---------------------------------|---------------------------------|
| A = 40 Jumping Jacks | N = 20 Second Plank |
| B = 20 Crunches | O = 40 Jumping Jacks |
| C = 30 Squats | P = 15 Arm Circles |
| D = 10 Pushups | Q = 30 Crunches |
| E = 20 Mountain Climbers | R = 15 Pushups |
| F = 10 Burpees | S = 15 Mountain Climbers |
| G = 10 Arm Circles | T = 30 Second Wall Sit |
| H = 20 Squats | U = 15 Squats |
| I = 30 Jumping Jacks | V = 15 Burpees |
| J = 30 High Knees | W = 30 Jumping Jacks |
| K = 10 Pushups | X = 15 Crunches |
| L = 25 Lunges | Y = 10 Pushups |
| M = 20 Burpees | Z = 1-Minute |

Can you spell the words at side?
Following the fitness alphabet?

OLYMPIC ALPHABET FITNESS

BOBSLED	HOCKEY	OLYMPICS	SKIING	SKATING
CURLING	LUGE	BIATHLON	ALPINE	X-COUNTRY
DOWNHILL	INEGRITY	UNITY	OLYMPICS	TEAM USA
CEREMONY	PODIUM	SLOPESTYLE	PARALYMPICS	SKI JUMP
SPIRIT	SOUTH KOREA	PERSEVERE	SNOWBOARD	MEDALS



Using a balloon could I...

Use one hand and try to make as many touches as I can?

Use two hands and try to make as many touches as I can, from one hand to the other?

Using my feet, can I try and keep the balloon in the air if I can?

Using my head, can I keep the balloon in the air?

Can you try and dribble around a chalked outline keeping control of the balloon while staying on the chalked path?



Be part of our family
engaged, inspired, achieving its potential



Premier League
**Primary
Stars**

ACTIVE SPACEMAN

- Two players – player one is the word creator, player two is the active guesser
- Pick a category, e.g. WBA players
- The word creator thinks of a word and draws enough blank lines for each letter of the word
e.g. ___ / _____ / ___ could be Hal Robson Kanu
- The active guesser's role is to unlock the answer by guessing one letter at a time, only they cannot speak!
- To choose a letter, they must complete the fundamental movement action written next to that letter
- Each incorrect letter guess will result in the word creator drawing one part of the alien & spaceship, and if the active guesser doesn't get the answer before the whole picture is drawn, they lose.

A	Jump up & down 10 times	N	Balance on your right foot for 10 secs
B	Do 10 star jumps	O	Spin around 5 times
C	Do 5 sit-ups	P	Walk sideways 3 steps
D	Low plank for 10 secs	Q	Lying down, ride an imaginary bike 10 secs
E	Jump like a frog 5 times	R	Stretch to the clouds for 10 secs
F	Balance on left foot for 10 secs	S	Touch your toes 5 times
G	Walk backwards 5 steps	T	Jump to nearest door and back
H	Hold a V-sit for 10 secs	U	Do 5 press-ups
I	Skip a lap of the room	V	High plank for 10 secs
J	Dance for 10 secs	W	Hop on 1 foot 10 times
K	Skip an imaginary rope for 10 secs	X	Make 5 circles with your arms in the air
L	Shoot an imaginary basketball 5 times	Y	Walk like a bear for 5 secs
M	Sit in an invisible chair for 10 secs	Z	Pick up an object without using hands





Be part of our family
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Mountain Climbers

Participants challenged with walking up and down the stairs, we have a list of places that they can “climb to the top of” by walking up enough flights of stairs



Premier League
Primary Stars

3,871 – Mount Everest

2,578 – Mount Kilimanjoro

587 – Ben Nevis

412 – Scafell Pike

233 – CNN Tower, Toronto, Canada

107 – Canary Wharf Tower, London

78 – Seattle Space Needle, Seattle, USA

69 – Blackpool Tower, Blackpool

66 – BT Tower, Birmingham

42 – Big Ben, London

28 – Sydney Opera House, Sydney, Australia

21 – Millennium Dome, London

8 – The Birmingham Road Stand, The Hawthorns

NUMBERS REPRESENT FLIGHTS OF STAIRS, NOT STEPS

Ladder PE Tasks

10 Ladder Activities



1. Jump on 2 feet in each square.



2. Hop on 1 foot in each square.



3. Step with both feet in each square.



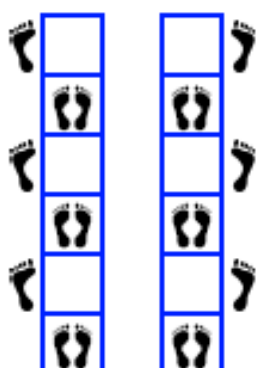
4. Side jumps with 2 feet in each square. Left to right first and right to left second.



5. Side steps with both feet stepping in each square.



6. Jump on 2 feet in the square then 2 feet out of the square. Repeat.



7. Jump on 2 feet in the square then 1 foot hops out of the square. Try left foot hops first and then do it again with right foot hops.



8. Jump on 2 feet in the square, hop out on the left foot, jump on 2 feet in the square and then hop out on the right foot. Repeat.



9. Hop on 1 foot using the following this pattern



10. Jump on 2 feet using the following pattern.

- ### What you'll need
- Athletics ladder or chalk to draw it
 - Foot Spots (if appropriate)



The PE Shed

Circuit training:**What do I need?**

In your garden/playground do you have space where you can perform the following actions?

If not, could you adapt the actions?

How does it work?

<p>If I am in year 3 and 4, I should try and work for 30 seconds and then rest for 30 seconds. I will then repeat the circuit three times</p>	<p>If I am in year 5 and 6, I should try and work for 45 seconds and then rest for 45 seconds. I will then repeat the circuit three times</p>
---	---

Circuit 1:	Star jumps	Shuttle runs	Speed bounce	Skipping	Burpees
Circuit 2:	High knees	Mountain climbers	Press up	Plank	Leg lifts
Circuit 3:	Jab punches	Upper cuts	Side kicks	Combination of punches	Jump kicks

HITT Sessions:**What do I need?**

A space inside my classroom/playground that I can perform some static actions within.

How does it work?

A HITT session is really, really simple!!

All you need to do is select five different activities from the list below and then perform 10 of the chosen activity without stopping.

You then have a 30 second rest and repeat the action again.

Repeat all activities three times...

Squats	Star jumps	Pencil jumps	High knees	Bump kicks
Press up	Sit up	Running on spot	Plank	Spotty dogs (jumping with alternate legs)
Jump squats	Side steps	Skipping	Burpees	Hopping

Athletics – Jumping

Long Jump:
Can I find a space in my playground?
Can I start on two feet and then attempt to jump forward?
Can I mark where I landed? Can I try and beat this score?

Triple Jump:
Can I find a space in my playground?
Can I start on one foot and then hop out on the same foot?
Can I then step from here onto my other foot?
Can I then jump and land on two feet?
Can I mark where I landed? Can I try and bet this score?

Counting Jump:
Can I mark out a space in the playground?
Can I select a jump I would like to do (1 to 1, 2 to 2, 2 to 1 and 1 to 2)?
Can I use the one jump and count how many it takes me to get from one cone to the other cone?
Can I try and beat this score?

Athletics – Running and Moving

Long Distance Moving:
Can you try and move for the following times without stopping?
- 1 minute
- 1.5 minutes
- 2 minutes
- 2.5 minutes
- 3 minutes
- 3.5 minutes
- 4 minutes
- 4.5 minutes
- 5 minutes
Could you move by walking, jogging, jumping, skipping, hopping etc.

Short distance running:
Could you set a distance up in your playground?
(The distance can be any size that you would like)
Could you try and move as fast as you can in a set time...
5 seconds
10 seconds
15 seconds
20 seconds

How could change your running style?
Which other ways could you move?

Other ideas:

If you have a skipping rope could you try challenge 1 and 2 by skipping?

-Mix-it-up relay race; each person in a relay team will perform a different action. The first person may have to skip, the second may have to run backwards, the third can run normally, and the fourth can hop.

Dance

- Zumba
- Phone number – provide pupils with an action for each of the numbers and then ask them to create their own routine (for example 0- jumping, 1 – turning etc.)
- **Responding to Music – Instruments** You will need a rainmaker, drum and maracas for this activity. The teacher will use different patterns to allow children to move their body accordingly. Every time the children hear a sound, they must move a part of their body (hands, head, foot etc.). This encourages the children to listen for a beat and make a movement. Inform the children that they can be high and standing tall, low and crouching or sitting and balancing etc.
- Cheerleading– can be delivered whilst in a remote position

Try and make English and Maths lessons as active as possible.

Can some of these lessons be delivered outside?

- Phonics hunt
- Shape hunt
- Measurement
- Time
- etc....

Activities for the Classroom

Dance/Gymnastic Style Activities

- Yoga
- Learn the Hacker (rugby)
- Just Dance
- Go Noodle
- Zumba
- Lots of movement ideas on Twinkl

Classroom Based Activities

Stretches

EYFS and Key Stage 1

Stretch up tall with long arms.



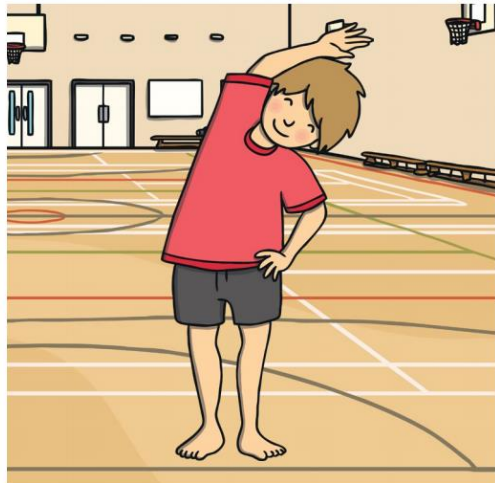
This is a general stretch for the whole body.

Stretch one arm above your head and reach over to the side.

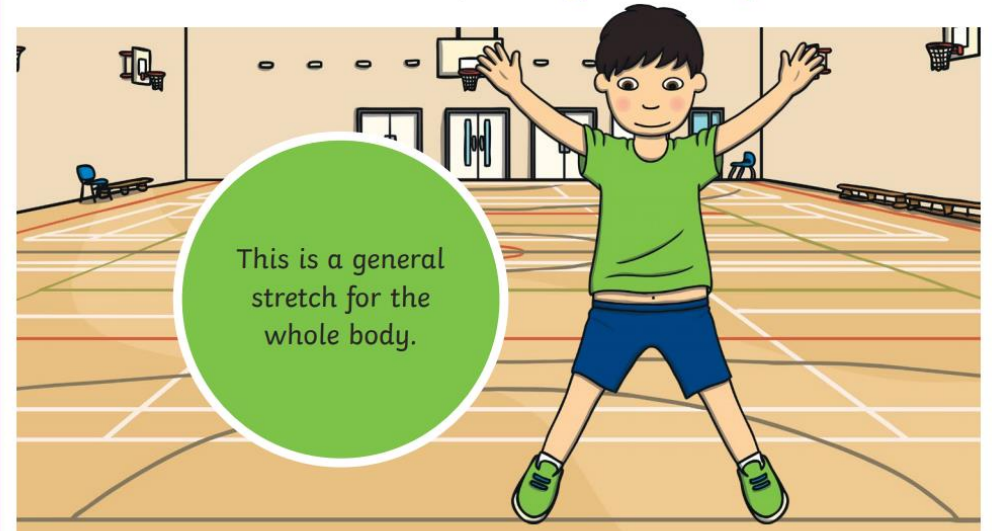
Then do the same with the other arm.

Keep your body upright – don't lean forwards or backwards.

You should feel the stretch down each side.

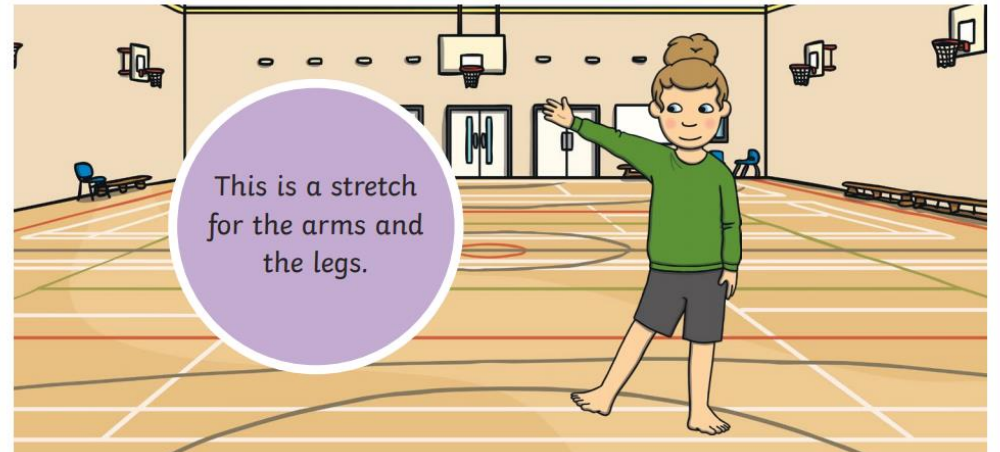


Stretch out wide, making a star shape.



This is a general stretch for the whole body.

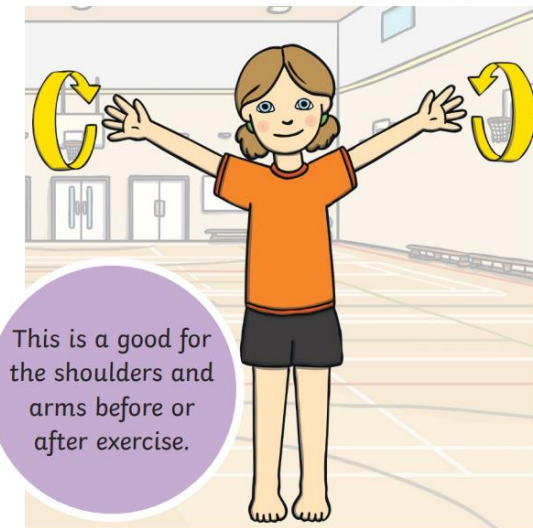
Reach out to one side with one arm and one leg, keeping your body central.



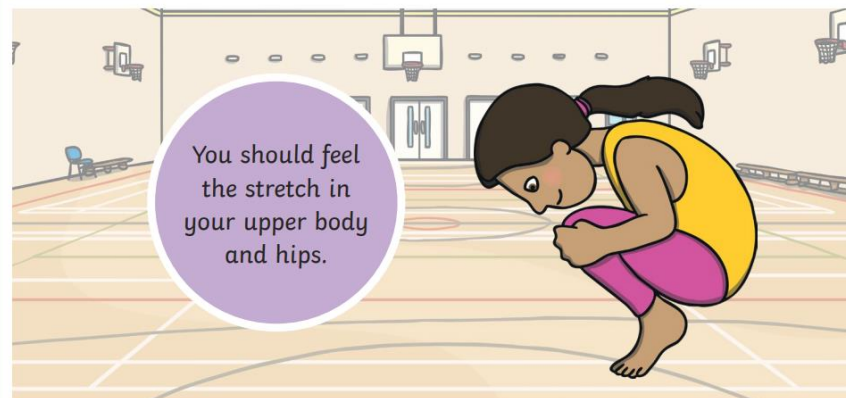
This is a stretch for the arms and the legs.

Repeat with the other side.

- Stand with your feet hip-width apart and knees slightly bent.
- Stretch your arms out to the side at shoulder height.
- Rotate your arms backwards in small circles.
- Change direction and rotate your arms forwards.



Crouch down into a tucked shape and hug your knees, curling up small into a ball.



Stay on your feet.

This is a gentle stretch for your neck.

- Look straight ahead.
- Turn your head to the left, twisting at your neck and then back to the centre.
- Turn your head to the right, twisting at your neck and then back to the centre.
- Put your chin on your chest and then raise it back up so you are facing forwards.
- Repeat this movement: left-centre-right-centre-down-centre-up-centre.
- Make sure you do not roll your neck.



Sit down and put your legs out in front of you.

- Fold yourself over, bending from your hips.
- Point your toes upwards and try to touch them.
- Try to keep your legs straight.

You should feel the stretch down the back of your legs.

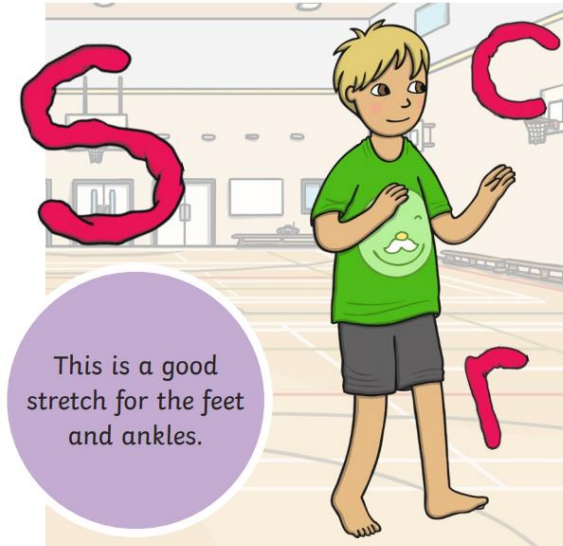


- Sit down and put your legs out in front of you.
- Move your legs apart into a straddle position.
- Fold yourself over, bending from your hips.
- How far can you walk your hands forwards?
- Try to keep your legs straight.

You should feel the stretch in your legs and groin.



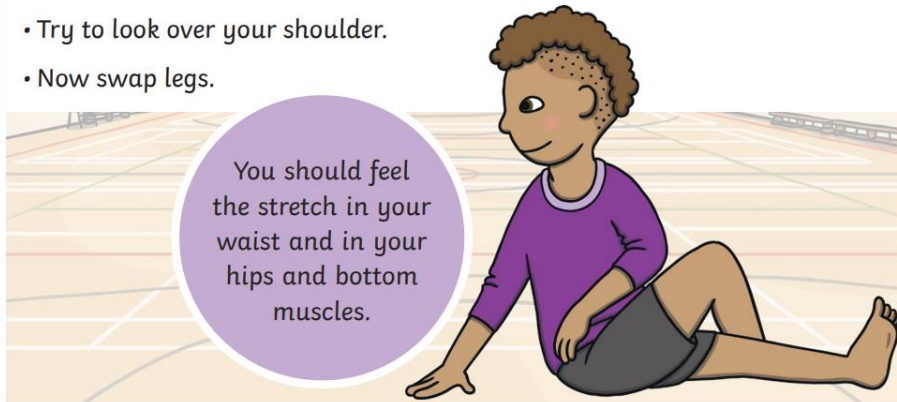
- Stand with your feet hip-width apart.
- With the toes of one foot, write out the letters of your first name on the floor.
- Raise your other foot off the floor slightly and write out the letters of your surname in the air with your toes.



This is a good stretch for the feet and ankles.

- Sit on your bottom and stretch your legs out in front of you.
- Put one leg over the other, bend your knees and reach around to the opposite side.
- Try to look over your shoulder.
- Now swap legs.

You should feel the stretch in your waist and in your hips and bottom muscles.



Snake Pose

- 1 Begin by lying on your tummy.
- 2 Exhale and lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.



This pose strengthens your spine, back of the arms and legs.
It stretches your shoulders, chest and tummy.

Frog Pose

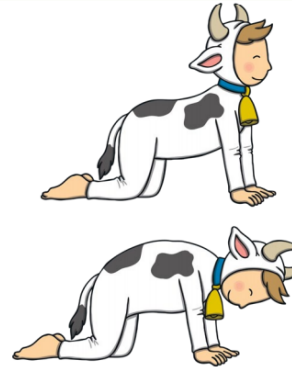
- 1 Squat on the floor and balance on your toes with your knees spread wide and your hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to a squatting position, then repeat.



This pose helps with hamstring flexibility.

Cat Cow Pose

- 1 Start by kneeling on your hands and knees. Make sure hands are below your shoulders, and knees are below your hips.
- 2 Inhale, look up to the ceiling, and allow your tummy to sink toward the floor.
- 3 Exhale, round your back towards the ceiling, and look at your belly.



This pose is an easy and gentle way to stretch the upper body and neck.

Happy Baby Pose

- 1 Lie down on your back.
- 2 Exhale, bend your knees towards your tummy and grab hold of your feet.
- 3 Allow your body to gently rock from side to side.



This stretches the groin and spine.

Child's Pose

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees so they are hip-width apart.
- 3 Exhale and bring your head down to rest on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.



This pose stretches the hips, thighs and ankles.

Classroom Based Activities

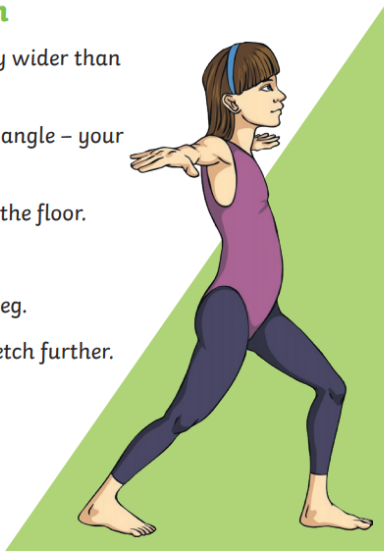
Stretches

Key Stage 2

Calf Stretch

- Stand tall with one leg in front of the other, slightly wider than shoulder-width apart.
- Bend your front leg so your knee is almost at a 90° angle – your knee should be in line with your foot.
- Your back leg stays straight, with your foot flat on the floor.
- Keep your hips facing forwards.
- You should feel the stretch in the calf of your back leg.
- Push into your bent leg and you should feel the stretch further.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.

You should feel the stretch in the calf of your back leg.

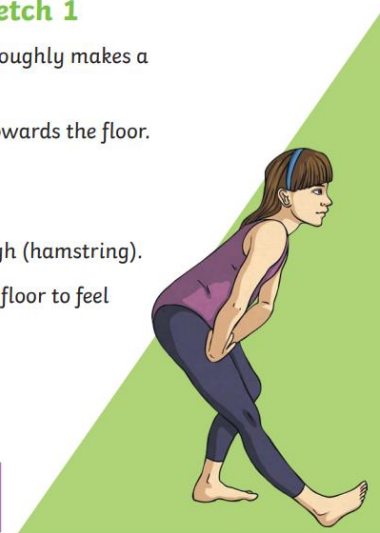


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Hamstring Stretch 1

- Step forward with one leg and straighten it so it roughly makes a 45° angle with the floor.
- Bend your other leg so that your bottom lowers towards the floor. You can lean on the front leg for balance.
- Keep the toes of both feet on the floor.
- You should feel the stretch in the back of your thigh (hamstring).
- Slowly, lift the toes of the straightened leg off the floor to feel the stretch further up your hamstring.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.

You should feel the stretch in the back of your thigh (hamstring).

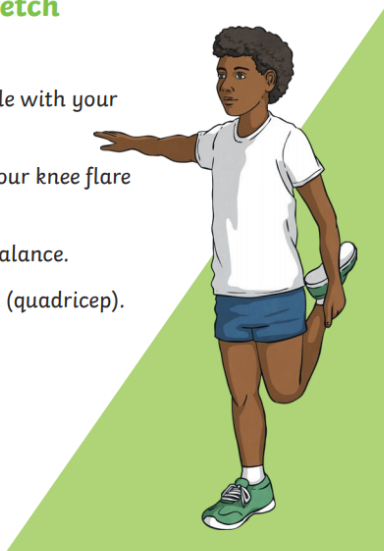


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Quadriceps Stretch

- Stand with your feet shoulder-width apart.
- Bend one of your legs at the knee and grasp the ankle with your hand, pulling your foot towards your bottom.
- Make sure your bent knee faces the floor. Don't let your knee flare out to the side.
- Your other arm can be extended out to the side for balance.
- You should feel the stretch in the front of your thigh (quadricep).
- Tilt your pelvis forwards to feel the stretch more.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.

You should feel the stretch in the front of your thigh (quadricep).



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Hamstring Stretch 2

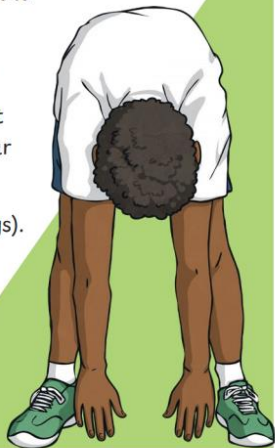
- Sit on the ground with both legs straight out in front of you.
- Bend one of your legs and place the sole of the foot alongside the knee of the straight leg.
- Allow the bent leg to lie relaxed on the ground, keeping the other leg straight.
- Bend forward, keeping your back straight, and try to touch the toes of your straight leg.
- You should feel the stretch in the hamstring of your straight leg.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.

You should feel the stretch in the hamstring of your straight leg.



Hamstring Stretch 3

- Begin by standing with your feet about hip-width apart.
- Bending from your hips, lean forwards dropping your arms to the floor. Do not bend from your back.
- Keep your legs straight and see how far your hands can reach.
- If you can touch your toes quite easily, slowly shuffle your feet closer together. If you can't touch your toes, slowly shuffle your feet further apart until you can.
- You should feel the stretch in the back of your thighs (hamstrings).
- Hold the stretch for six to ten seconds.
- Relax for ten seconds and then repeat.



You should feel the stretch in the back of your thighs (hamstrings).

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Hamstring Stretch 4

- Lie flat on the floor with both legs straight in front of you.
- Bring one leg up so it is as straight as you can make it in the air.
- The angle between your legs should be 90°.
- Cup your hands behind your lifted leg to keep it upright, keeping your upper body on the floor.
- You will feel this stretch at the back of the leg.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.



You will feel this stretch down the back of the raised leg.

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Groin and Inner Thigh Stretch (The Sumo)

- Start with your feet slightly more than shoulder-width apart and your toes angled out.
- Bend forward at the waist coming into a squatting position so your thighs are parallel with the floor.
- Place your elbows between your knees.
- Try to keep your back straight.
- You should feel the stretch in your groin and inner thighs.
- Hold the stretch for six to ten seconds.
- Relax for ten seconds and then repeat.

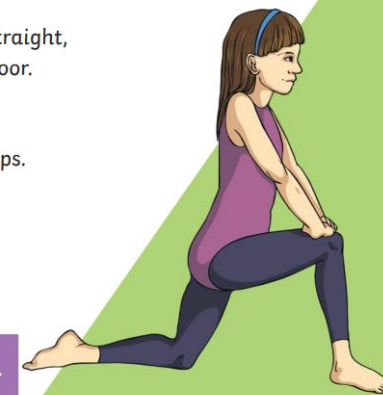


You should feel the stretch in your groin and inner thighs.

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Hip and Thigh Stretch

- Stand tall and take a large step forwards with one foot.
- Bend your front leg so that the thigh is parallel to the ground and the knee is at a 90° angle.
- Gradually lower your hips, keeping your back straight, until the knee of your back leg is touching the floor.
- Push your hips forwards.
- You should feel the stretch in your thighs and hips.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.



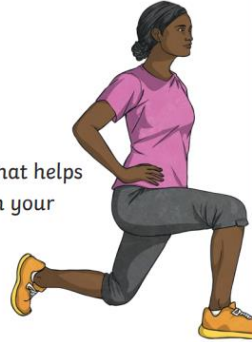
You should feel the stretch in your thighs and hips.

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The Lunge

- Take a big lunge forward with one leg. Keep your back straight.
- Lower your body until your front knee is at 90° and your thigh is parallel to the ground. Your front knee should be positioned directly over your ankle.
- Your back knee should also be at about 90° with your lower leg parallel to the ground and your heel off the ground.
- You should feel the stretch in your thighs and hips.
- Hold the stretch for six to ten seconds.
- Step forwards onto the opposite leg and repeat.
- Throughout the lunge exercise, your arms can be in any position that helps you maintain your balance. You might prefer to put your hands on your hips or to extend your arms out to the side.

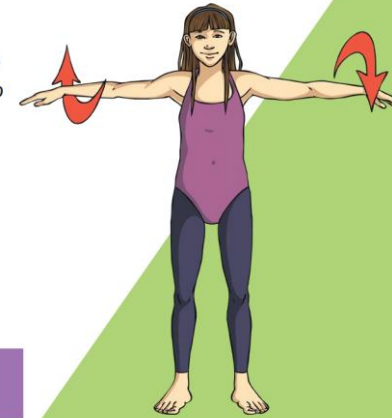
You should feel the stretch in your thighs and hips.



Arm Rotations

- Stand straight with your feet shoulder-width apart.
- Extend both arms out to the side to shoulder height, keeping them straight.
- Rotate your arms in small circles from the back to the front ten times and then from the front to the back ten times.

This is good for the arms and shoulders before or after exercise.



The Tricep Stretch

- Raise one arm behind your head with your palm facing your body.
- Bend the elbow so your fingers reach down towards the middle of your upper back.
- Take hold of the bent elbow with your other hand and gently pull it back until you feel the stretch in your tricep.
- Hold the stretch for six to ten seconds.
- Swap arms and repeat.

You should feel the stretch in your tricep.



Shoulder Stretch 1

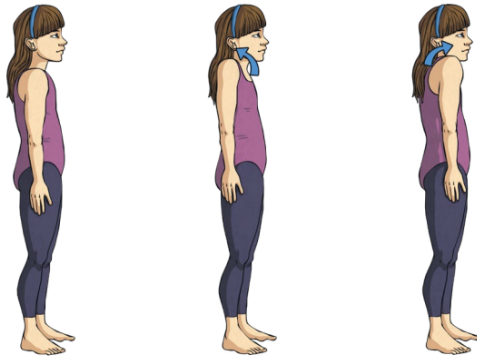
- Reach forwards with one arm straight out in front of you.
- Put the wrist of the other arm on the back of the outstretched arm, just above the elbow.
- Gently press the outstretched arm towards your body, while keeping it straight.
- You should feel the stretch in your shoulder.
- Hold the stretch for six to ten seconds.
- Swap arms and repeat.

You should feel the stretch in your shoulder and tricep.



Shoulder Stretch 2

- Stand tall with your feet shoulder-width apart.
- Place your arms either side of your body and relax your shoulders.
- Keeping your arms where they are, shrug your shoulders up towards your ears.
- Next, move your shoulders backwards in a circular motion ten times and then forwards in a circular motion ten times.

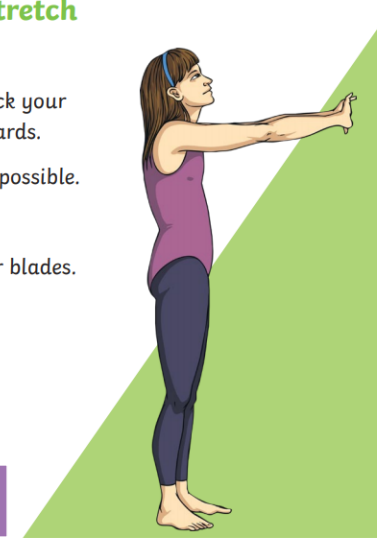


You should feel the stretch in your shoulders.

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Upper Back Stretch

- Stand with your feet shoulder-width apart.
- Stretch out your arms in front of you and interlock your fingers, making sure your palms are facing outwards.
- Push your hands as far away from your chest as possible.
- Allow your upper back to relax.
- You should feel the stretch between your shoulder blades.
- Hold the stretch for six to ten seconds.
- Rest for ten seconds and then repeat.



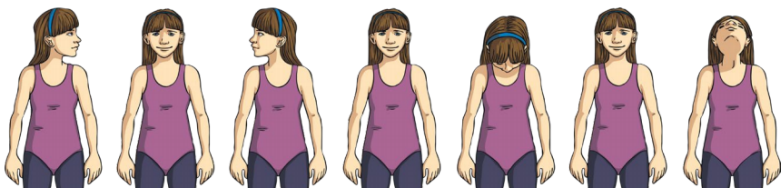
You should feel the stretch between your shoulder blades.

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Neck Stretch

- Stand tall with your feet shoulder-width apart, looking straight ahead.
- Turn your head to the left, twisting at your neck and then back to the centre.
- Turn your head to the right, twisting at your neck and then back to the centre.
- Put your chin on your chest and then raise it back up so you are facing forwards.
- Repeat this movement: left, centre, right, centre, down, centre, up, centre.
- Make sure you do not roll your neck.

This is a gentle stretch for the neck.



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Chest Stretch

- Stand tall with your feet shoulder-width apart.
- Bring both of your arms behind your back and place them at the bottom of your spine with your palms flat on your back.
- Push in towards your back with both hands and raise your chest up.
- Keep your chin up.
- You should feel the stretch across your chest.
- Hold the stretch for six to ten seconds.
- Rest for ten seconds and then repeat.



You should feel the stretch across your chest.

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Gluteal Stretch

- Lie on your back on the floor.
- Bend one leg up at the knee, keeping your foot on the floor.
- Twist your body in the opposite direction to your bent knee, keeping your other leg in the same position flat on the floor – do not let it twist, too.
- Bring your bent knee across your body, keeping it bent at a 90° angle.
- Push down on your knee with your hand.
- You should feel the stretch in your bottom (gluteus).
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.



You should feel the stretch in your bottom (gluteus).

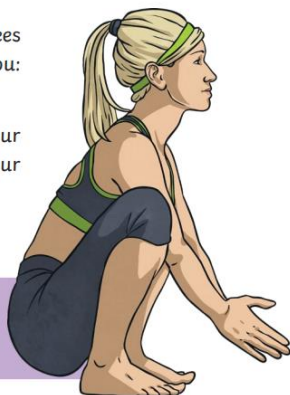
Frog Pose

Ardha Bhekasana

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you: wherever makes you feel most balanced.
- 2 Look up and inhale. As you exhale, straighten your legs so you are in a standing position and lower your head towards your knee.
- 3 Return to the first position, then repeat.

Benefits

Tones legs and increases hamstring flexibility.
You should feel the stretch in your hamstrings.



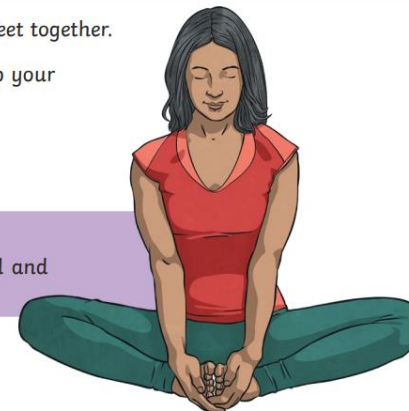
Butterfly Pose

Baddha Konasana

- 1 Begin by sitting with the soles of your feet together.
- 2 Wrap your hands around your feet; keep your back straight.
- 3 Gently bounce your knees to flap your butterfly wings.

Benefits

This exercise helps calm the body and mind and is good for fatigue (tiredness).



Elephant Pose

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

Benefits

You should feel the stretch in your legs and back.

