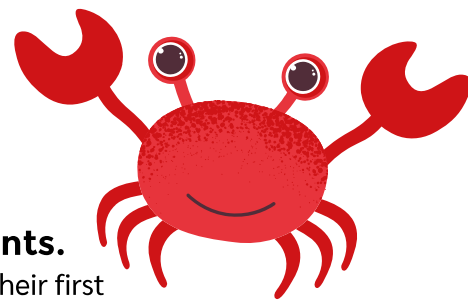


FITNESS SESSION #7

ANIMAL PENTATHLON



Pentathlon is an athletic activity that consists of 5 events.

Children can compete against each other or if a single child they can time their first attempt and try and beat it. Play this outside over a distance of 15-20 metres (shorten depending on age). If playing indoor one event may be 3 lengths of the living room.

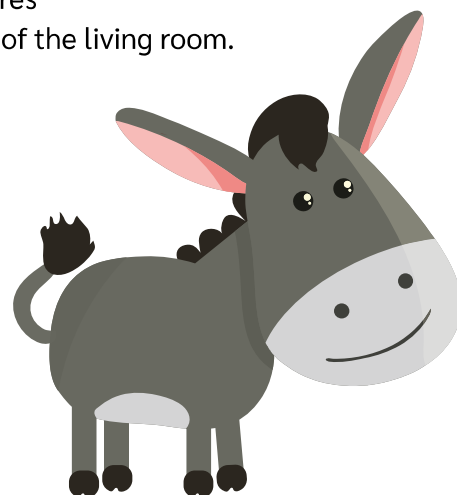
Event 1 Bunny hops (two feet to two feet jumping, knees bent)

Event 2 Bear Crawl (heel to toe walking)

Event 3 Crab Walk (walk on hands and feet sideways, but facing “up” – make a bridge)

Event 4 Donkey Kicks (Hands on floor, kick both feet into air, land, jump forward)

Event 5 Gorilla Walk (2 feet to 2 feet jumps (broad jump))



FITNESS SESSION #8

JUMP AROUND!

‘Musical Jumps’ Using lively music with a strong beat, get the children to move around their area to the music. Encourage them to express themselves freely to the music, but give children some pointers, such as big steps, short steps, moving low to the ground, moving high or changing direction.

Introduce different jumps: star, straight, tuck, half twist (always taking off and landing with 2 feet together). When you call out the name of a jump, children must stop and perform that jump.

Extension:

Children must come up with their own ‘freestyle’ jump. Encourage them to think about what would make a jump look good: e.g. powerful, good height, hands and toes pointing etc.

FITNESS SESSION #9

10 MINUTE MADNESS!

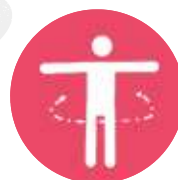
Set a timer for 10 minutes. Repeat the circuit until the time is up. Keep track of your rounds using markers or pen and paper.



10 jumps on the spot



10 sit and stand



10 torso twists



10 side kicks



10 air punches



Run 20 metres