

Active Home Workout

#StayInWorkOut

Follow on  @hamsteadhallsgo

#StayHomeStayActive

GET ACTIVE and RETWEET YOUR EFFORTS

Fun Friday - Reception and Key Stage 1 (Age 3 to 6)

Try today's personal challenge - Try to hold the 'plank' position for at least 15 seconds to achieve Bronze

Today's Spirit of the Games Values are:



Passion - our passion is our strength



Self-Belief - Believe that you can do all the Jump Rope Skills

60 Second Challenge

The Plank

The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

Achieve Gold  1

60 seconds or more

Achieve Silver  2

45 seconds or more

Achieve Bronze  3

30 seconds or more

Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

Can you focus and show self belief even though it is hard?




YOUTH SPORT TRUST



25 YEARS Believing in every child's future

Alternative times for Reception and Key Stage 1 children

- Achieve Bronze  15 seconds or more
- Achieve Silver  20 seconds or more
- Achieve Gold  30 seconds or more



Active Home Workout

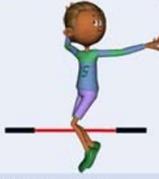
#StayInWorkOut

Follow on  @hamsteadhallsgo

#StayHomeStayActive

GET ACTIVE and RETWEET YOUR EFFORTS

Time for some skipping - place a skipping rope on the floor or mark a straight line with string, scarf or something similar.

Jump Rope Skill Sheets			
SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump as far as possible down the rope- measure ✓ Repeat and try to go further- 5 jumps 	<ul style="list-style-type: none"> ▪ Squat low ▪ Explode up and forward ▪ Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Keep balanced 	HOP HOP HOP
4. Criss-Cross 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Do not go too fast 	JUMP TURN JUMP TURN

Level 1- Rope on Ground

Use your own ideas to make up new actions like those above

Remember to share your ideas on twitter  @hamsteadhallsgo

