

## Exercise and Stretch Equipment and Assessment Suggestions



Exercise/Stretch	Equipment Suggestions	Assessment Suggestions
Shuttle Runs	2 cones marked about 5-10 metres apart - depending on space available	Count run between each cone or tick if successful if on the spot
Spotty Dogs	-	Count how many swaps of arms
Leg Lunges	-	Count how many swaps of legs
Burpees	1 mat per pair/individual	Count how many jumps
Squats	-	Count how many
Star Jumps	1 mat per pair/individual	Count how many jumps
Plank	1 mat per pair/individual	Tick if successful
Superman	1 mat per pair/individual	Count how many
Push Ups	1 mat per pair/individual	Count how many
Sit Ups	1 mat per pair/individual	Count how many
Hula Hoop Ball Roll	1 hoop/ball per pair/individual	Tick if successful
Bench Dips	Bench with enough space	Count how many
Tuck Jumps	1 mat per pair/individual	Count how many jumps
Skipping	A selection of different sized skipping ropes - and plenty of space	Count how many jumps
Mountain Climber	1 mat per pair/individual	Count how many knees
Line Jump	A line	Count how many jumps
Jumping Jacks	-	Count how many
Step Ups	A bench	Count how many return to floors
Throw Clap Catch	1 ball per pair/individual	Count how many catches
Front Raise	1 ball/bean bag per pair/individual	Tick if successful
Target Practice	Beanbags (3 per active pupil) and tipping targets or dustbins about 3 metres away from a line	Count how many successful
Shoulder Stretch	-	-
Triceps Stretch	-	-
Hip Flexor Stretch	-	-
Overhead Stretch	-	-
Chest Stretch	-	-
Hamstring Stretch	1 mat per pair/individual	-
Child's Pose	1 mat per pair/individual	-
Quadriceps Stretch	-	-
Cobra Pose	1 mat per pair/individual	-
Thigh Hug	1 mat per pair/individual	-