



GET ACTIVE



20 MINUTES



IN THE CUPBOARD

FITNESS STATIONS

PART OF THE FITNESS & HEALTH THEMED PROGRAMME



▶▶ GETTING INTO THE ACTIVITY

Explore ways to keep fit and healthy. Set up some fitness stations to exercise key parts of the body.

Split the group into small teams to complete each station (or create your own) for 2-3 minutes before moving around.

Football Dribble: Place 4 cones in a line one metre apart. As quickly as possible dribble the football up and down the cones. Pass the ball to the next team member and join the back of the line for another go.

Ball Against Wall: Stand 2 metres from a wall. Chest pass the ball against the wall and catch it again. Complete 10 throws before passing the ball to the next person and joining the back of the line.

Skipping: Complete 10 standing skips with a skipping rope before the next person in the team takes over. How many skips can the group complete within the time limit?

Balance Beam: Draw a long line with chalk / tape on the floor. Children should start at one end and attempt to walk along the line without falling off. Every complete walk without falling off gets a point. How many points can each team get within the time limit?

☑☑ WHAT YOU'LL NEED

- Sporting Equipment
- Cones
- Timer

! KEEPING EVERYONE SAFE

Exercises that encourage heavy breathing should be avoided indoors. Where shared equipment is used within a group, this should be cleaned frequently along with hand hygiene breaks. Maintain social distancing as required.