



# Early Years

Be active... Stay fit.. Be Healthy



# Warm Up

As with all PE exercise it is best to start with a warm up of stretching and jogging on the spot, to increase the blood flow and warm up the muscles to prevent injury as the intensity of your work out increases.



# Exercise 1: Lunges

1. Stand with feet together hands raised, bend the knees and step forward, bring the left hand down to sweep the floor, then step back and repeat with other leg.
2. Stand with feet together hands grasped, bend the left knee and step side ways with the right leg, bring feet together and repeat the movement with the left leg.
3. Stand feet together with hands and arms out. Step forward on one leg and swing your arms around your body to the side. Repeat the other side of your body stepping out forward with the other leg.

Do each lunge for 1 minute and then for 2 Minutes. Record how many lunges you achieve.

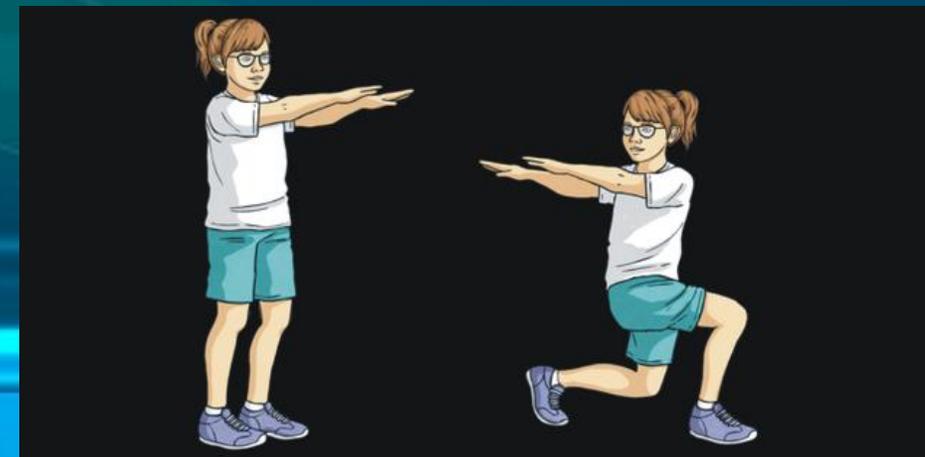
1



2



3



# Exercise 2: Star Jumps

1

2

3



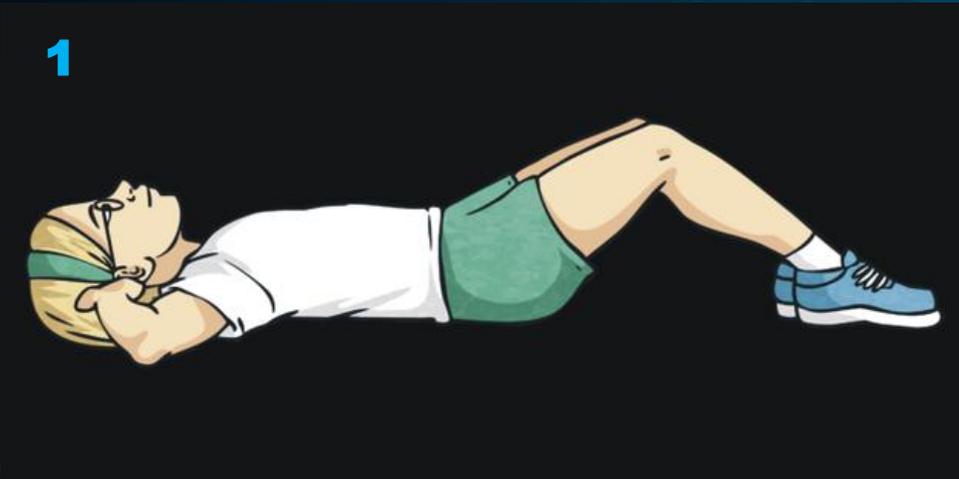
1. Stand with legs together and hands by your side.
2. Jump out with both your feet apart and hands raised to adopt a star shape.
3. Bring your hands and feet back together.

Do each Jump for 1 minute and then for 2 Minutes. Record how many you achieve.

# Exercise 3: Sit ups

Do each sit up for 1 minute and then for 2 Minutes. Record how many you achieve.

1



2



1. Lie down with feet positioned flat on the floor and hands positioned to the side of the head (Not Behind).
2. Roll up body, keeping knees up and feet flat. Roll back and repeat.
3. If you have someone to work with you can also do an assisted sit up, with support at the feet.

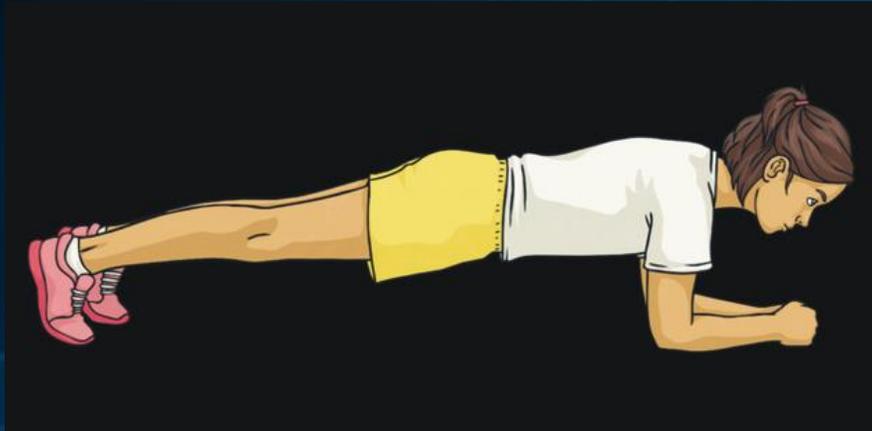
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# Exercise 4: The Plank

## The front Plank

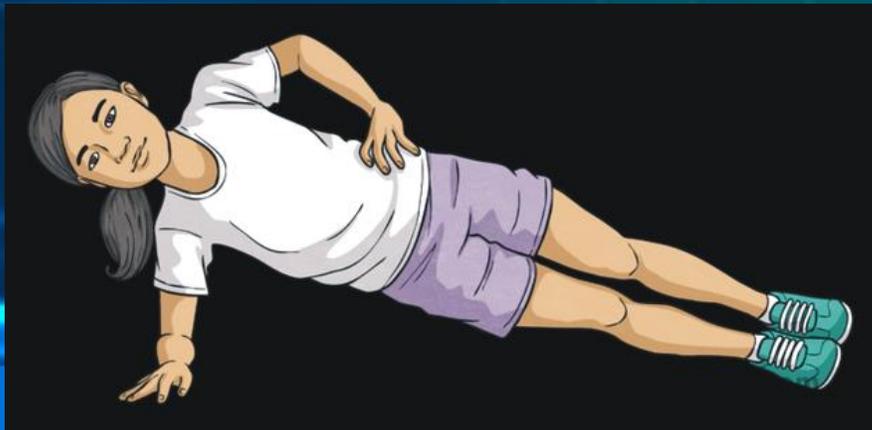
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1. Lie down with toes positioned into the floor and resting on your elbows. Body should be straight and flat with head raised.
2. Both feet are positioned on top of each other, with the body resting on one elbow and the other arm positioned on the hip, head should be raised.

## The side ways Plank

2



Hold the stretch for 30 seconds then  
1 minute

# Exercise 5: Skipping

If you have a skipping rope great, if not and type of rope will do.

Skipping is good for improving your cardiovascular ability, comprising heart, and blood vessels carrying nutrients and oxygen to the tissues of the body.

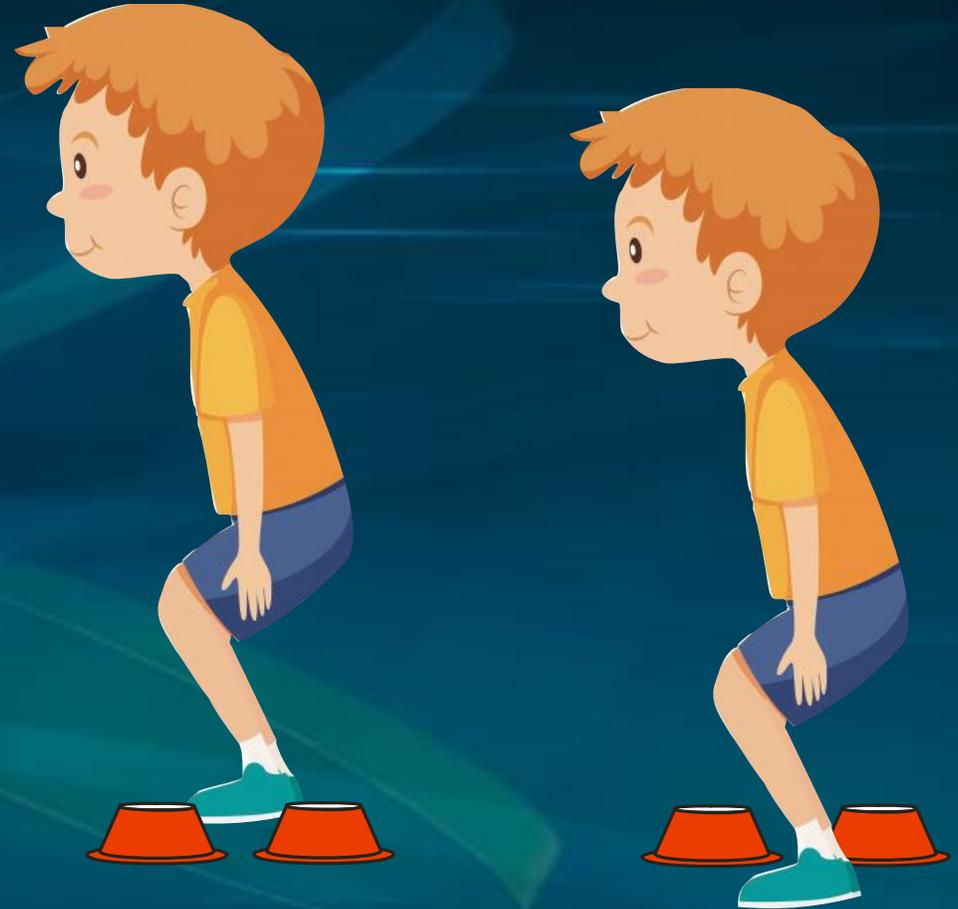
See how many skips you can achieve in 30 seconds then 1 minute



# Exercise 6: Speed jumps

Position both feet together one side of a set of cones or an alternative. Jump over and back over the objects as fast as you can, without stopping.

See how many jumps you can achieve in 30 seconds then 1 minute



# Exercise 7: Agility test

Place a 2 lines of 6 cones or objects side by side, run to each cone or object and turn them over one at a time using left hand and right hand separately, then run back and turn them over the correct way.

See how many times you can turn the objects over in 1 minute, then 2 minutes



Name:

Class:

# Record of achievement

**30 seconds**

**1 Minute**

**2 Minutes**

**LUNGES**

**STAR JUMPS**

**SIT UPS**

**SKIPS**

**SPEED JUMPS**

**AGILTY TEST**

It is a good test of your fitness, if you can record your achievement, then see if you can improve on that score.

If you can e mail back your score it will give us an indication of how well you have done.