

## School Exercise Programme

### 1. Bridging



Lying on your back bend your knees up keeping your feet flat on the floor. Keeping your arms by your side gently lift your bottom off the ground. Aim to keep shoulders, hips and knees in alignment.

Hold for 10 secs. Repeat 5-10 times.

### 2. High Kneeling



Hold a kneeling position keeping your bottom tucked in. Make yourself tall keeping your knees close together.

In this position you could try playing games such as throwing and catching. Aim to maintain this position for as long as possible without losing balance.

### 3. Half Kneel



From a high kneel position step one leg forwards. Aim to hold this position whilst playing games ie:

- Playing at a table
- Singing a song
- Throwing and catching
- Skittles
- Hanging washing on a line



### 4. Counterpoise



a) On your hands and knees lift 1 arm out in front of you. Hold for 10 secs

Repeat 5-10 times each arm

If the child finds this very easy then try 4b



b) On your hands and knees lift 1 leg out behind you, keeping it straight. Do not lift higher than your hips. Keep as still as possible.

Hold for 10 secs

Repeat 5-10 times each leg

If the child finds this very easy try 4c



c) On your hands and knees lift 1 arm in front of you, keeping it level with your shoulder. Lift the opposite leg out behind you, keeping it straight. Do not lift your leg higher than your hip. Keep as still as possible

Hold for 10 secs

Repeat 5-10 times both arm and leg

### 5. Heel-toe Walking



Practice walking along a line placing one foot in front of the other. Try to get your toes as close to the heel in front as possible, leaving as small a gap between your feet as possible.

### 6. Shoulder Raise in prone



Lying on your tummy keeping your arms by your side aim to lift your head, shoulders and chest off the floor. Hold for 10 secs. Repeat 5-10 times

### 7. Jumping



Practice jumping in all directions, forwards, backwards & sideways. Practice jumping into hoops or onto a target.



### 8. Windmills



Take a bean bag or small ball into your right hand. Practice passing it behind your back passing it to your left hand. Bring the bean bag/ ball around in front of you and pass into your right hand. Continue to pass in circles around your body. Once you can do this change direction and practice going the other way. To make this activity more challenging try to speed up the action.



### 9. Kicking and Trapping Ball



Practice kicking a ball to partner and trapping it with your foot when they kick it back to you.  
Practice kicking and trapping the ball with both your right and left leg



### 10. Throw and catch/ Bounce and catch a ball to a partner



Practice throwing and catching and bouncing and catching a ball to a partner.

Encourage the use of accurate direction and appropriate force. The activity can be made more challenging by decreasing the size of the ball used, trying to catch with one hand and increasing the distance between partners.

