

K—6

With thanks to Gosnells PS for this resource.

Fitness

<p>20 seconds Running on the spot 10x Tuck jumps Repeat x3</p>		<p>20x Jump squats 30 second Elbow plank hold. Repeat x3</p>	
<p>20x Skipping rope motions 20 second Wall sit Repeat x3</p>		<p>20x Star jumps 10x Quad (thigh) stretches Repeat x3</p>	
<p>10x Star jumps 10x Burpees Repeat x3</p>		<p>20 seconds Run fast 5x Push ups Repeat x3</p>	
<p>10x Jump lunges 10x Toe touches Repeat x3</p>		<p>20 second Wall sit 20x Alternating lunges Repeat x3</p>	
<p>20 seconds High knees 5x Push ups Repeat x3</p>		<p>10x Burpees 20x Arm circles Repeat x3</p>	
<p>20x Tuck jumps 20 second Straddle stretch Repeat x3</p>		<p>20x Mountain climbers 10x Squats Repeat x3</p>	
<p>20 seconds Run fast 10x Walking lunges Repeat x3</p>		<p>30x Arm air punches 20x Sit ups Repeat x3</p>	
<p>15 second Side plank hold 15 second Elbow plank hold, Repeat x3</p>		<p>10x Tuck jumps 10x Walking lunges Repeat x3</p>	