

**The BIG WORKOUT**

**Golden Mile**

**Constant JOG / WALK for 2min30seconds around designated area**

* **Aim to keep going for duration**
* **Start slow, go for longer - start fast and don’t finish!**
* **No cutting corners!!**



**BENCH Strength Exercises**

**Each done 20 times!**

* **Arm dips**
	+ Rest for 20 seconds
* **Step ups**
	+ Rest for 20 seconds
* **Press ups**
	+ Rest for 20 seconds
* **Sit ups**
	+ Rest for 20 seconds
* **Burpees**
	+ Rest for 20 seconds
* **20-second plank**
	+ Rest for 20 seconds
* **Split-feet jumps**
	+ Rest for 20 seconds
* **Alternate knee thrusts (mountain climbers)**



**Tyre Run**

* **As a team how many times can you run the 20metre distance and back in 2 ½ minutes**
* **3 tyres going at once**
* **Coach at station to keep note**

**\*PRIZE FOR WINNERS\***



**Rock / paper / scissors**

* **4 corners are set out in a square– Partners pair up at cone 1 – play rock paper scissors.**
* **Winner moves onto cone 2, loser stays and players someone else and if you draw you play again.**
* **At each corner you play someone but can only move on to the next corner when you when.**
* **When you get back to cone 1 you collect a cone which signifies 1 point. As many points as you can in 2 1/2 minutes.**



**Partner – work**

**a) Plank/Jump overs – one child planks, the other jumps over – 10 each then change**

**b) sit up high 5s – both children lie down and every time they reach the top they do a high 5 – X 20**

**c) overs + unders** -**– 10 each then change**



**Balance boards**

**2 goups to take turns balancing on bosu boards provided – 30 seconds per person**



**Army crawl**

* **Two people at a time**

**race while crawling through the net**

* **Winner will be first person through net then turn and run back to start**



**Monkey catchers**

* **Catchers on outside throw soft-balls at the monkeys running from side to side**
* **If you’re struck with soft ball you become a catcher**
* **Last person in becomes catcher**
* **Last monkey standing is the winner**



**Bear – crawl ‘fill the bucket’**

* **2 teams within group**
* **Each team to bear crawl to bucket and place bean bag / ball**
* **‘Bean bag team’ v ‘Ball’ team**
* **Each team starts with 10 of each item**
* **Always run back**
* **Only take one item at a time**



**Tug of War**

* **Simple games of tug of war between individuals / groups**
* **Each person stands in a hoop**
* **When both feet leave the hoop, other person wins.**
* **Constantly change partner**
* **Don’t go until coach calls**



**Carry the can**

* **Containers of water to be carried over-head over short distances**
* **How many can be completed by the team during the time**