



SCHOOL SPORTS PARTNERSHIP

EQUIPMENT

- Cones

TIPS

- Encourage children to land with soft knees
- Use arms to help balance or propel you when jumping or hopping

PLYOMETRICS WARM UP

OBJECTIVE

PLYOMETRICS REFERS TO EXERCISES SUCH AS JUMPING, HOPPING AND SKIPPING. THESE EXERCISES ENHANCE CHILDREN'S ABILITY TO INCREASE SPEED OF MOVEMENT AND IMPROVE POWER PRODUCTION. JUMPING EXERCISES CAN ALSO HELP TO IMPROVE STAMINA, FLEXIBILITY AND BALANCE. THESE EXERCISES TOGETHER CAN BE USED AS A 10-15 MIN WARM UP PRIOR TO A MULTI-SPORT OR FITNESS CIRCUIT SESSION.

EXERCISES

Children will have their own individual coned area to ensure social distancing. Exercises will either be stationary or involve travelling between two cones.

Exercises include:

- Jumping Jacks
- Hopping on left and right leg
- Jumping side to side
- Jumping front to back
- Skipping
- Tuck Jumps
- Jump lunges
- Galloping
- Long Jump
- Rocket Jumps
- Jump in and out squat
- Jump in and out squat moving forwards and backwards
- Side stepping
- Single Leg hops moving forwards