

Dry Land Activities

Warm ups:

- Skipping, Star Jumps, Jogging, Touching Toes, Side Stepping, Low Jumps, Dodging

Body Position

- Standing and walking in a streamline position – arms up behind ears, eyes looking straight ahead. If it is safe children can try walking backwards too. (if children find this difficult encourage them to play in monkey bars – if available – to help increase flexibility in shoulders).
- Lying down flat and attempt to lift butt up off floor while keeping arms and legs straight.
- Lying on tummy lifting both arms and legs up at the same time, then try the same lying on back – good co-ordination

Body Core Exercises:

- Start with knees and hands on floor, extend right arm up in front and lift left leg at the same time – alternate and repeat. Keep head looking at the ground.
- Lie on tummy – lift both arms and legs off the floor at the same time. Arms extended in front. Ensure feet are not lifted too high. Hold 20 seconds and increase hold. Repeat
- On side – one arm above head, other in front for stability, legs straight, pointed toes and lift both feet off the floor. Hold for 3 seconds and slowly lengthen hold.
- Crunches/Sit Ups– variety of ways e.g. hands on head alternate arm touching leg, lying on back and lifting up to touch toes.

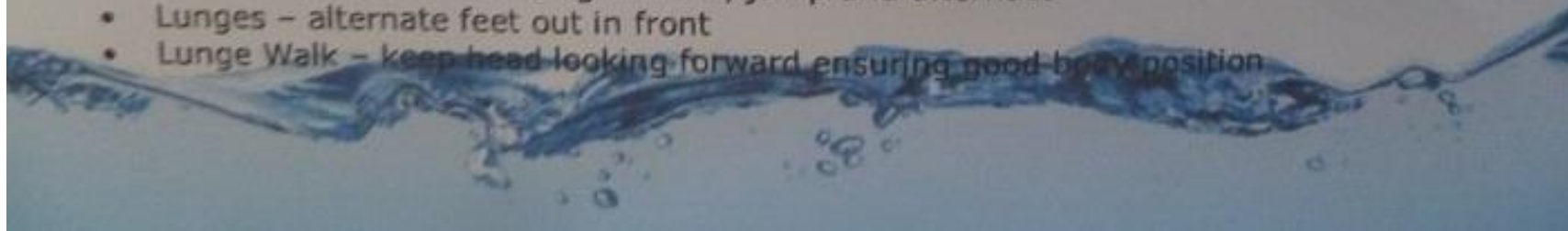
Floor Core Exercises

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- **The Snake** - lie with tummy on floor. Twist your core around in one direction as far as you can go. Repeat the other side.
- **Flexibility** - Sit on floor, bringing legs up and under you and out to side. Now lie your whole body back down on the floor and outstretch your arms. Your back should be touching the floor.
- **Variety of sit ups** - curl up and twist opposite sides touching knee with elbow, lie on ground and raise hands to knees.
- **Planking** - on tummy in streamline position, lift hands and feet off ground and lengthen the body, using your core muscles to hold the position.
- **Lie on tummy** - lift both arms and legs off the floor at the same time. Arms extended in front. Ensure feet are not lifted too high. Hold 20 seconds and increase hold. Repeat
- **On side** - one arm above head, other in front for stability, legs straight, pointed toes and lift both feet off the floor. Hold for 3 seconds and slowly lengthen hold.

Lower Body Exercises:

- **Squats** - feet apart, hands extended in front, head looking forward ensuring straight body position
- **Continuous Jump Squats** - hands on hips, bend, jump
- **Split Jump Squats** - one leg in front, jump and alternate
- **Lunges** - alternate feet out in front
- **Lunge Walk** - keep head looking forward ensuring good body position



Once the above mastered, add weights to all of the above squats – can use dumbbells, medicine balls holding them out in front first, then above the head.

Kicking

- Check to see that all children can flex their feet
- Sitting on a chair with legs out straight talk about what their kick should look like
- Try kicking and tapping their big toes together
- Practice kicking from hip while lying down on front and back
- Breaststroke leg action – either lying on tummy or sitting on chair

Arms

- Check children's ability to coordinate forward arm circles then add walking in while doing circle arms
- Try the same exercise with backstroke arms
- Try the same exercise with Sculling
- Describe breaststroke arms

Upper Body Exercises:

- Push Ups – ensure long body position, head in line with the body keeping a straight line
- Push Up with One Leg off the Floor (alternate legs)
- Push Up and rotate coming up and raise your hand

Arm Swings

Arm Swings

- Start with swinging one arm in circles, then the other arm in circles but the opposite direction. Swap over.
Note it is important to lift arm to the top and let it fall around and down using its own weight to counteract - this exercise is used to loosen up the shoulder joint and increase flexibility and suppleness
- Scissor arm swings, opposite arm rotation, start with swinging arms and increase the height of the swing until complete rotation

Breathing

- Holding breath
- Slow release of breath
- Breathing in mouth and out nose

These could all be practiced sitting down in the class room or sitting in a circle out on the school field. Children could also practice their breathing while walking around.



Breathing Position

- Explain rolling and rotation and get children to practice moving from standing facing forward to standing facing sideways by moving on the ball of their foot.
- Get children to lie on their sides
- Lying on the ground practice rolling from their front to each side

Butterfly Undulation

- Get children to imagine they have a wall behind them. Push their butts back to the wall then stand straight (this mimics the fly undulation).

Dives

- Go through the progressions for diving to enable children to understand placement of body, arms and feet, before they get to try it at the pool.

Turns

- Practice forward rolls on the ground. Discuss tucking head in

Leg Strengthening Exercises

- In pairs - one partner lies with back on floor. Lift both legs, feet flat. Partner sits on their partner's feet facing opposite them. The partner on the floor should feel it in their gastrocnemius and quadriceps muscles.
- Sit on floor bringing heels in touching with both feet - knees should be on the

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- Sit on floor bringing heels in touching with both feet - knees should be on the ground. Should feel it in the abductor muscles in the inner thigh.
- **Leg Quad/Hammy stretch** - person lies on back on floor, partner gently stretches one leg at a time hold at first stress point, gently rock for 3 counts and stretch slightly further, repeat a further stretch then swap legs
- **Leg circles** - lying on floor, lift one leg up into 90 degree angle, circle round and down to the floor, (this is used to open up the hip flexors and increase movement in the hip joint)

Back Strengthening Exercises

- Need a partner of same height - with backs touching, link both arms together, with one partner lifting the other off the floor.
- **Breaststroke on floor** - using lower back and core muscles lift chest off the floor and do a breaststroke stroke, add the kick and return to glide position. Repeat. The first press and pull phase of stroke is slow and fast through recovery phase.

* using the pull, breathe, kick glide method*