

# PHYSICAL LITERACY (YEAR 7 & 8)

BUCKS  
AND MK



## EQUIPMENT

- Gym mat
- Bench
- Hurdle (can be replaced with line on the floor)

## TOP TIPS

- Stay hydrated throughout each rest station.
- Focus on technique before thinking about speed.
- Press Ups - extend your arms after each repetition.
- Sit Ups - Having your hands behind your head will help you gain more momentum
- Speed Bounce - Keep your feet together and use your arms to thrust yourself up.
- Burpees - Try to gain momentum with your breathing pattern.
- Step Ups - Focus on two feet on first before speed.

## SCORING

- Each repetition on each station will equal 1 point.
- Add all 5 scores together to create a child's total.
- The teacher will take the top 5 children's scores of the class to be added up to create the school's final score.

## INSTRUCTIONS

- Follow the video for all instructions.
- 1 minute on each of the 5 stations followed by a 1 minute rest in between.
- Stations include: Press Ups, Sit Ups, Speed Bounce, Burpees and Step Ups.
- There are also differentiations you can follow if you are struggling.

## CONTACT

The School Games is for **EVERYONE**, to enter or for adaptations please contact your local SGO.



# PHYSICAL LITERACY (PRESS UPS)

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Hands shoulder width apart, straight legs



If you are struggling you can start from your knees



Bend the arms until your chest is close to the floor and extend



And dip the chest down and extend.



Write down your score so far



# PHYSICAL LITERACY (SIT UPS)

BUCKS  
AND MK



Knees at 90 degrees,  
arms across the chest



Put your hands behind your  
head to help gain momentum



Write down your score so far



Bring the body up to your knees



If you are struggling you can bring the  
body up halfway to perform a crunch



# PHYSICAL LITERACY (SPEED BOUNCE)

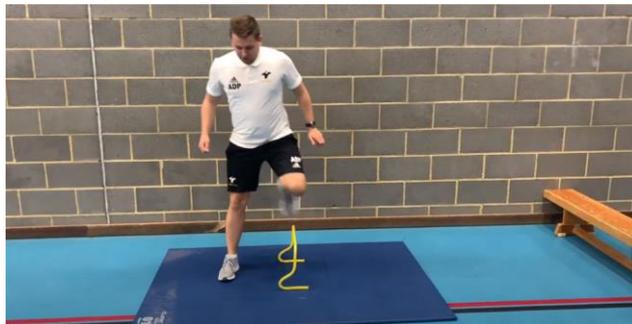
BUCKS  
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Feet close together and jump over and land with two feet



You can also use a line on the floor to get a higher score



If you're struggling you can step over rather than jump



Write down your score so far



# PHYSICAL LITERACY (BURPEES)

BUCKS  
AND MK



Hands on the floor, lift your legs up into a press up position



If you are struggling, you can step into the press up position



Write down your score so far



Jump to standing up position and jump up as high as you can



And once you stand up you can just reach up as high as you can

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#BMKVirtualSG

# PHYSICAL LITERACY (STEP UPS)

BUCKS  
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Stand on the bench with two feet one foot at a time



Followed by two feet on the floor one at a time.



Write down your final total school and give it to your teacher

