

Star Jumps

Do star jumps for one minute:

- How many can you do?



Step Ups

Find a bench or step and do step ups – one leg at a time, for a minute:

- How many steps can you do?
- Can you do jump ups? (both legs at once)

Sprints

Sprint the length of the court, then walk back. Repeat this for 1 minute:

- How many lengths can you do?



Push Ups

Do push ups for a minute:

- How many can you do?
- Can you do push ups with one hand or one foot?
- If it is hard, you can do push ups with your knees down.

