

Home exercises for smashers age 6- 8

5 mins skipping warm up, count the skips in the given warm up time

Balancing exercises: – stand on 1 foot for 1 minute (both legs, weaker leg first)
Hop from one foot to the other holding the landing for 5 seconds x 20

Throwing:- Throw a ball against wall using both hands to throw and both to catch
x 50. try not to use dominant hand all the time to throw and catch

Jumping:- touch toes and jump as high as you can x 20.
Try the same but on one foot x 10

Running:- Run on the spot for 2 minutes
Jumping jacks for 1 minute
Step up for one minute (30sec per leg, both to lead up and down)

Cool Down: Static Stretches on Quads, hamstrings, calves, inner thigh and glutes
for legs. Stretch Triceps, chest and shoulders for upper body.

Drink plenty of water whilst exercising!