



Setup

- Prepare stations using clear markers or signs.
- Time at each stations should be 4-5 minutes.

Safety

- Spatial awareness

Balance

- Stand as long as you can (up to a minute) on one foot on an uneven surface (wobble board, bosu, foam piece), then switch feet.
- Modification: Perform the exercise while standing behind a steady, solid chair (without wheels), holding the back of it.

Walking heel to toe

- Walk heel to toe (putting your right foot in front of your left foot so that the heel of your right foot touches the toes of your left foot).
- Continue for 20 steps (to a cone and back); continue until time is up.

Squats

- Stand with your feet hip-width apart directly in front of a chair with your back to the chair.
- Keeping your chest up, push your hips back and bend your knees to lower your body toward the chair.
- Either touch your butt to the chair or sit down on it; your upper body should be leaning forward slightly.
- Pause, then push through your feet and squeeze your butt to return to start position.
- Repeat until time is up.

Plank

- Hold plank until time is up.
- Encourage participants to rest as they need to.

Cross jump

- Tape/chalk a cross (+) onto the floor.
- Have participants jump and hop over lines in cross.
- Modification: Move in opposite direction or hop on other foot.

Push ups

- Repeat until time is up.
- Encourage participants to rest as needed.



Modifications

- Encourage participants to hop, skip or jump around the playing area.