

SPORT ACTIVITIES

Sally Lightfoot Crab workout -

a great movement for building strength in the upper body.

- Start in a squatting position.
- Place your hands on the ground a little way ahead of you, shoulder-width apart.
- Take your weight on your hands, lifting your feet off the ground, making sure they land back down a little further ahead from the take off position.
- Set yourself a certain distance to travel or have crab hopping races with a family member.
- https://www.youtube.com/watch?v=vpJgTy8Wi_c

Laying a turtle egg workout. (a Squat) -

a great movement for building up strength in the lower body.

- Start with your feet shoulder width apart and hands straight out in front of you.
- Lower yourself down into the squat position, stopping when your thighs are parallel to the floor.
- Make sure you press your weight back into your heels.
- Hold the position for two seconds and then push back up through your heels.
- Do five of these, take a 30 second break before doing five more.
- You may need to stretch your imagination here, as I know turtles don't squat.



Mako Shark workout (Jumping for height)

The Mako shark is the highest jumping fish, able to breach an astonishing nine metres out of the water.

- Measure how high you can jump by carrying out the standing vertical jump.
- Bend your ankles, knees and hips ready for take off.
- Keep your eyes focused forward or upwards and your head up throughout the jump.
- Swing your arms behind your body
- Extend your legs quickly, with both feet leaving the ground together.
- Swing our arms up and extend your legs as far as possible in the flight phase.
- Bend your ankles, knees and hips on landing to absorb the impact.



Cuviers beaked whale workout (Jumping for distance)

- Reaching depths of almost 3000 metres and remaining under for 138 minutes, Cuviers beaked whales are adapted for diving.
- Measure how far you can jump carrying out the standing horizontal jump.
- Bend your ankles, knees and hips ready for take off.
- Swing your arms behind your body.
- Lean forwards and extend your legs quickly to take off, with both feet leaving the ground together.
- Swing your arms forward and up.
- Land on both feet at the same time.
- Bend your ankles, knees and hips on landing to absorb the impact.

Can you make up a jumping routine that includes three different jumps? For example, two feet to two feet to one foot to the other foot. Try including four different jumps. Can you teach it to a family member?