



Balancing on one leg

Balancing on one leg is a great exercise for core strength, balance and coordination. It is important during this exercise to stand tall while balancing on one leg not bending over, this will help to improve balance and build up the amount of time the children can balance for.



Bean bag toss

Using the arrow and target mats children can improve coordination by throwing and aiming the bean bags at the targets, this will also help build strength in their arms. It is important that children focus by standing in the correct position and throwing the bean bags carefully. By moving the target mats closer and further away children can improve their depth perception to work out how much force they must use to throw the bean bag.



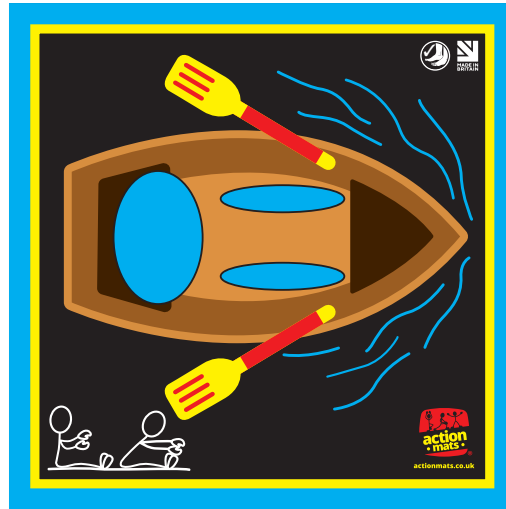
Bounce bounce

The bounce mat helps improve balance, coordination, strength and stamina. You can build up the difficulty of this mat by adding a beam in the centre so that they children have to jump higher to jump over the beam and land on the footprints. It is important for the children to bend their legs as they jump and land to minimise the impact on joints. Using their arms to help with momentum also helps to incorporate arm and core muscles into this exercise.



Hopper

The hopper mat helps improve leg strength, balance and coordination. While doing this exercise it is important to do the same amount of reps on each leg to build up equal muscle and strength, also for children to bend their legs as they jump and land to minimise the impact on joints.



Marching on the spot

Marching on the spot helps improve coordination and rhythm, the children can march to the beat of a song or copy a rhythm that is tapped out to them. Making sure children use high knees while marching helps engage leg muscles and core muscles, including arm movements swinging arms up to chest height will engage their arm muscles.

Rowing boat

Rowing boat mat has many benefits of aerobic exercise including increased stamina and a stronger immune system. This mat uses upper and lower body muscles as well as core muscles and getting the heart rate up. It is important while carrying out this exercise that children keep their backs straight while leaning forwards and not hunch over to reach further, this will help with posture and also using the correct muscles.

Running on the spot

Running on the spot is a great exercise that can be used as a warm up or a standalone exercise. running in place elevates your heart rate, You'll also boost cardiovascular function, enhance lung capacity, and improve circulation.

Shape sorting

Squatting down to collect a beanbag the children can either match the shapes or put the beanbag down by colour. Squats are a great exercise because they activate so many bones, joints and muscles at once. This exercise also helps children recognise shapes and different colours, it also helps with coordination and balance as they have to squat down and reach to pick up the beanbags.



Star jumps

Getting the heart rate up, star jumps can be used as part of the warm up or as a standalone exercise. Star jumps use the calves and quads to propel the body up. Making sure to bend the knees upon landing to prevent jarring of the back during this exercise.

Surfboard lunges

Lunges are a lower-body exercise that works several muscle groups at once. The targeted muscles include the glutes along with the hamstrings and quadriceps. The calf muscles engage at the thrust whilst the abdominal muscles and back muscles act as stabilizers during this exercise. It is important during the exercise that the children keep their legs and knees straight while lunging instead.

Bean bag catch

Improving coordination by throwing and catching a bean bag by throwing the bags up and down.

Tightrope walk

The tightrope walk encourages balance and body awareness. When a child walks slowly across a balance beam, his or her body is developing balance and learning spatial awareness. Having the balance and coordination to successfully carry out gross motor skills reduces the likelihood of injury and increases the longevity of the child's ability to be involved in sporting activities.



Tip toes

Standing on tiptoes helps improve balance and coordination. It also builds up muscles in the calves and core muscles in order to help the child balance in that position. This exercise can be turned into a challenge by building up the amount of time each child can stand on tip toes.



Touch toes

Touching your toes uses core muscles to bend. This exercise helps improve balance and flexibility through the lower back, glutes, hamstrings and ankles. It is important that children don't over stretch their muscles while doing this exercise and keep their legs straight, if they cannot touch their toes then doing stretching exercises will help them gain the flexibility to be able to do it.



Whirlwind spin

Spinning gets the heart rate up and lungs working, spinning can be used as part of the warm up or as a standalone exercise. Whirlwind spinning works on sensory stimulation, postural control as the children have to stand tall while spinning or they will lose balance, and it also helps with the development of both sides of the brain.



Windmill

The windmill mat targets the muscles in your lower body, improving speed, balance, and foot-handling skills as well as improves gross motor skills. It is important while doing this exercise that children don't rush through and they take time to focus on their movements.