

2 Minute “Energisers” - Get Moving Between Sessions (Simple)

Try to get up and move every 30 minutes for 1-2 minutes (NHS)

1. 1 minute jogging on spot, 30 seconds high knees, 30 seconds bum flicks
2. 1 minute jog, 30 seconds jumping jacks, 30 seconds forwards and backwards feet
3. 1 minute jog, 30 seconds forwards lunges, 30 seconds backwards lunges (back straight)
4. 1 minute jog, 30 seconds squats, 30 seconds alternate knee to chest
5. 1 minute jog, 3 small hops left and hold 4th on bent knee for 3 seconds, same of right for 1 minute
6. 1 minute jog, punching arms with small side to side jumps, with slight hip twist
7. 1 minute jog, 30 seconds squat thrusts, 30 seconds alternate leg squat thrusts (mountain climbs)
8. 1 minute jog, press up position, touch left shoulder with right hand, then right shoulder with left hand. Keep body straight (in a plank) and continue for 1 minute or until tired. Can put knees down to make easier
9. 1 minute jog, jump forwards, return. left, return. Backwards, return. Right, return. Change direction after every complete circle (compass jumps) for 1 minute
10. 1 minute jog, walk around the space on hands and feet (Bear crawls). Keep everything close to the fall

2 Minute “Energisers” - Get Moving Between Sessions (and use your brain)

1. Complete 8 jogs, complete 8 jumps side to side, complete 8 jumping jacks (feet together, feet apart), complete 8 jumps forward and backwards. Repeat with 7 repetitions, repeat with 6...repeat with 1. (go straight from one exercise to the next – it’s a brain training thing to).

2. Get your body into a comfortable (secure) position to do left legged lunges (legs apart, front to back, drop back knee to floor (but no touching) to create a right angle). Keep back straight and drop knee. Complete 4 then add arms.

- When upright, arms by sides
- When legs bent, arms out in front
- When upright, arms up above head
- When bent, arms out by sides

Repeat 3 times, then move on to right leg

3. Keep alternating between jumping jack feet and split jump feet (one leg forward, one leg backwards) with different arms either forwards and backwards arms, or jumping jacks arms. (Better if you get someone to do it and you copy as soon as you can).

- First 30 seconds feet in/out and arms front/back
- Second 30 seconds, feet front/back, arms one out, one forwards (alternating)
- Third 30 seconds, feet in/out, arms one out, one forwards (alternating)
- Fourth 30 seconds feet front/back, arms in/out

4. Create a 30cm by 30cm square on the floor (with spoons or something flat). Stand in the middle of the square. Repeat this pattern

- Jump out of square forward, jump back into square
- Jump out of square left, jump back into square
- jump out of square backwards, jump back into square
- jump out of square forwards, jump back into square

Repeat 2 more times, then do the same in a clockwise direction

Get someone else to shout out forwards, backwards, left, right and do the OPPOSITE

Add up for down (jump for touch floor) to list of instructions.

2 Minute "Energisers" - Get Moving Between Sessions (Skipping)

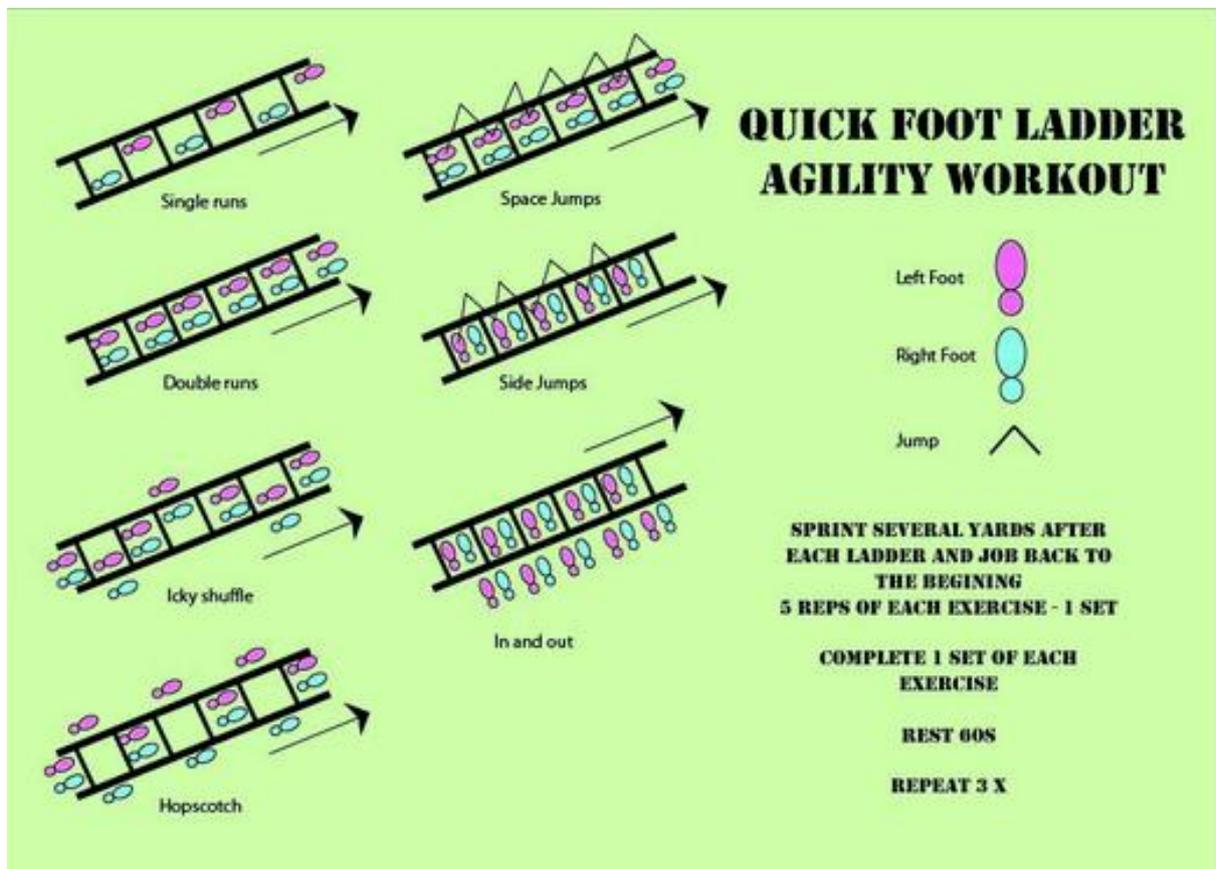
If you have a skipping rope and space you can do very simple and effective training that works on your cardiovascular fitness and SAQ (speed, agility, quickness)

The idea is you try to run as normally as you can while skipping and keep alternating between these rope and foot patterns.

1. You run forwards, the rope moves forwards
2. You run forwards, the rope moves backwards
3. You run backwards, the rope moves backwards
4. You run backwards, the rope moves forwards

2 Minute "Energisers" - Get Moving Between Sessions (Ladders)

Put out some make shift lines, around 40cm apart, around 9 will do (I wouldn't worry about the sides) and complete different movements. Add high knees/tuck jumps to increase difficulty and if you have someone that can throw you a ball and have space add a skill at the end (a catch and throw, a football volley back, a dig back...)



2 Minute "Energisers" - Get Moving Between Sessions (Useful Things)

1. Hanging out washing
2. Loading dishwasher
3. Weeding
4. Running upstairs, opening windows, then later closing them again
5. Finding everyone in the house and making them all a drink
6. Cleaning the shower
7. Sweeping the patio
8. Removing cobwebs from ceilings with a feather duster...