

RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

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EDINBURGH
THE CITY OF EDINBURGH COUNCIL

Swimming Games @ The Hub 2020

Swimming Land Exercises

1. Squat and jump to a streamlined position (tall with hand stretched up in the air)
2. Lie on your back and kick your legs (put your hands under you so that you don't arch your back)
3. Plank challenge – hold a plank and try to gently knock your partners hand away
4. Box jumps – jump with 2 feet onto a step and land bent knees and 2 feet together.
5. Press Ups – you can be on your knees or toes and do as many as you can in 20 seconds

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	How many can you do in 40 seconds	28 or more	15 - 27	6-14		
2	How long did you manage to keep going	26-40 seconds	16-25 seconds	5-15 seconds		
3	Plank challenge score – how many points can you get	3 or more	2	1		
4	Box jumps	10 or more	5-9	1-4		
5	Press ups	10 or more	5-9	1-4		