



**Fitter**   
*for life*  
**Gymnastics**

# Program Syllabus



**Queensland  
Government**



**Gymnastics**  
Victoria



**Gymnastics**  
Queensland



**Gymnastics**  
New South Wales



**Gymnastics**  
South Australia



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Northern Territory

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## Disclaimer & Acknowledgements

- The information and content of this syllabus document has been developed from evidence-based research. The content refers to the most relevant guidelines and research for the program in question. Please note, there may be some sections which do not contain exhaustive lists.
- The following document has been developed by Gymnastics Queensland (GQ). The intellectual property of this content belongs to the gymnastics state and territory governing bodies and should not be utilised outside of the below guidelines.
- The information and activities provided are only available for use by affiliated clubs, with at least one Fitter for Life certified coach.
- Delivery of this program should be undertaken by intermediate or higher accredited coaches who have completed the Fitter for Life Coach Workshop.
- Coaches should have the necessary knowledge to deliver classes to older adults and a basic understanding of potential medical considerations in this age group.

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## General Information

### Background

The Fitter for Life program aligns and supports the Gymnastics Queensland (GQ) vision, 'Gymnastics: The Foundation of Movement for Life' in promoting gymnastics as a 'sport for everybody'.

GQ aims to demonstrate that gymnastics provides a foundation to aid and support all ages to remain active and engaged in physical activity, remain independent and to prevent fall related injuries associated with older adults.

Current evidence from the Australian Bureau of Statistics<sup>1</sup> projects an ageing population in Australia, illustrating the importance of a targeted program. Trends show that levels of physical activity tend to decline in older ages, with just one in three men and one in five women 75 years or over having sufficient levels of physical activity<sup>2</sup>.

Additionally, hospitalised injury cases in Australia for men and women aged 65 and over, in 2011–12, found the leading cause of unintentional injury for both men and women was falling. Fall injuries accounted for 77% of cases overall in this age group<sup>3</sup>.

Physical and cognitive dysfunction represent two of the most feared states among older adults, because they can lead to physical dependency and social isolation. Thus, a central aspect of positive aging is believed to be social connectedness and social support<sup>4</sup>.

Consequently, the Fitter for Life syllabus focuses activities and delivery around 3 main pillars of physical, cognitive and social health benefits.

### Outline

1. This syllabus document lists activities and principles for a unisex gymnastics program for older adults.
2. The program syllabus is not limited by age and relates to an individual's ability level.
3. A holistic approach has been adopted to assist in the development and retention of fundamental and fine motor movements.
4. The syllabus has been designed to provide participants with physical, cognitive and social benefits.
5. The syllabus is divided into ability levels:
  - Chair-Based Exercises for Mature Adults
  - Less Active Mature Adults
  - Active Mature Adults
6. 'Learning Outcomes' will be monitored for task mastery and progression within and across ability levels.
7. Activities can be modified based on participant medical conditions and ability levels.
8. Classes should be 45-60 minutes in duration.
9. 10 lesson plans per ability level have been provided as a starting point for classes.

## Program Outcomes

### Objective

To minimise the physiological and psychological effects of aging; improve the quality of life; and assist older adults to remain independent.

### Purpose

The purpose of the Fitter for Life program is to improve health benefits across 3 pillars:

1. Physical<sup>5</sup>
  - Aerobic
  - Strength/resistance
  - Flexibility
  - Balance
2. Cognitive<sup>6</sup>
  - Attention
  - Memory
  - Language
  - Visual perception and spatial orientation
  - Decision making and planning
3. Social<sup>7</sup>
  - Generativity – involvement in community activities
  - Ego integrity - sense of accomplishment

### Benefits

The main benefits of the Fitter for Life program are:

- Improved health
- Enhanced mobility and balance
- Improved quality of life
- Continued function and independent living
- Weight management
- Social interaction and improved mental health and sense of wellbeing

## Program Content

### Guidelines

When delivering classes to older adults it is recommended to consider<sup>5</sup>:

- The intensity and duration of activities for highly deconditioned, functionally limited or older adults with chronic conditions
- An individual, tailored approach to the progression of activities
- Muscle strengthening and balance activities prior to aerobic physical activities for very inactive individuals
- Encouraging older adults to perform physical activities, to avoid sedentary behaviour


### Activities and Benefits

Exercise categories	Aerobic	Strength	Flexibility	Balance
Recommendation <sup>5,8</sup>	150-300 mins/ week of moderate physical activity	2 days/week, with progressive repetitive exercises (8-12 repetitions)	2 days/week, including stretching	3 days/week with activities to include: <ul style="list-style-type: none"> <li>• Progressions that reduce base of support</li> <li>• Movements that alter centre of gravity</li> <li>• Activation of postural muscle groups</li> <li>• Reduction of sensory input</li> </ul>
Physical benefits <sup>5</sup>	Reduces: <ul style="list-style-type: none"> <li>• Cardiovascular stress</li> <li>• Muscular fatigue</li> <li>• Visceral body fat</li> <li>• Risk of diabetes</li> <li>• Decline in bone mineral density</li> </ul>	Reduces loss of: <ul style="list-style-type: none"> <li>• Muscle</li> <li>• Bone mass/ mineral density</li> <li>• Strength</li> </ul>	Increases: <ul style="list-style-type: none"> <li>• Range of motion (ROM)</li> </ul>	Reduces: <ul style="list-style-type: none"> <li>• Fall incidence</li> </ul>
Cognitive benefits <sup>5</sup>	Reduces: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Cognitive decline</li> <li>• Onset of Dementia</li> </ul>	Reduces: <ul style="list-style-type: none"> <li>• Depression</li> </ul>		
Impact on daily activities & preservation of independence <sup>5,8</sup>	<ul style="list-style-type: none"> <li>• Independent shopping trips</li> <li>• Walking</li> <li>• Stair climbing</li> <li>• Gardening</li> <li>• Cleaning</li> </ul>	<ul style="list-style-type: none"> <li>• Dressing</li> <li>• Chair standing</li> <li>• Walking</li> <li>• Stair climbing</li> <li>• Posture</li> <li>• Bladder control</li> <li>• Gardening</li> <li>• Cleaning</li> </ul>	<ul style="list-style-type: none"> <li>• Dressing</li> <li>• Chair standing</li> <li>• Showering</li> <li>• Walking</li> <li>• Posture</li> <li>• Gardening</li> <li>• Cleaning</li> </ul>	<ul style="list-style-type: none"> <li>• Showering</li> <li>• Walking</li> <li>• Posture</li> <li>• Chair standing</li> </ul>

## Pathway

The following table illustrates the Fitter for Life pathway according to class and ability level.

Ability Level	Classes								
Chair-Based	Step 1	Step 2	Step 3						
Less Active				Step 1	Step 2	Step 3			
Active							Step 1	Step 2	Step 3



## Class Categories

The below table outlines the classes in the pathway. The descriptions include a guideline of where to start new participants in the pathway and when participants can progress to the next step.

The initial ability level/class can be determined upon coach perception. This can be reassessed at any point. If the coach is unsure where to start a participant, it is advised that participants should be placed in a lower level class initially, as a precaution. It is also recommended that participants seek clearance from a doctor prior to participating in the program.

**Medical, physical and mental health conditions have not been taken into account in the below guidelines.** The impact of these conditions on exercise tolerance should be considered when determining a participant's initial ability level.

Ability Level	Class	Class Duration	Description
Chair-Based	Step 1	45 min	<ul style="list-style-type: none"> <li>Participant is unable to stand, a wheelchair user or bedridden</li> </ul>
	Step 2	45-60 min	<ul style="list-style-type: none"> <li>Participant has limited use of legs and can stand for short periods of time with support <b>OR</b></li> <li>Completed Chair-Based – Step 1</li> </ul>
	Step 3	45-60 min	<ul style="list-style-type: none"> <li>Participant can stand for short periods of time unassisted and walk with an aid <b>OR</b></li> <li>Completed Chair-Based – Step 2</li> </ul>
Less Active	Step 1	60 min	<ul style="list-style-type: none"> <li>Participant can walk short distances unaided, balance with support and sit/stand from chair with use of arms <b>OR</b></li> <li>Completed Chair-Based – Step 3</li> </ul>
	Step 2	60 min	<ul style="list-style-type: none"> <li>Participant can walk moderate to long distances unaided, balance momentarily without support and sit/stand without use of arms <b>OR</b></li> <li>Completed Less Active – Step 1</li> </ul>
	Step 3	60 min	<ul style="list-style-type: none"> <li>Participant takes part in regular physical activity (minimum 2 days/week) and can balance without support <b>OR</b></li> <li>Completed Less Active – Step 2</li> </ul>

Active	Step 1	60 min	<ul style="list-style-type: none"> <li>Participant takes part in regular low intensity aerobic activity (minimum 2 days/week) and can hold own body weight <b>OR</b></li> <li>Completed Less Active – Step 3</li> </ul>
	Step 2	60 min	<ul style="list-style-type: none"> <li>Participants take part in regular moderate intensity aerobic activity (minimum 2 days/week) and occasional weight training (1 day/week) <b>OR</b></li> <li>Completed Active – Step 1</li> </ul>
	Step 3	60 min	<ul style="list-style-type: none"> <li>Participants take part in regular high intensity aerobic activity (minimum 3 days/week) and regular weight training (2 days/ week) <b>OR</b></li> <li>Completed Active – Step 2</li> </ul>

### Lesson Plans

10 lesson plans have been developed across the 3 ability levels:

- Chair-Based Exercises for Mature Adults
- Less Active Mature Adults
- Active Mature Adults

These lesson plans in conjunction with the points mentioned in this syllabus document, have been developed and designed as a model from which clubs and coaches can further develop and deliver classes to older adults.

### Extension & Supporting Resources

- Assessment passports for each ability level
- Where Do I Start? document



## Delivery Method

### Set Up & Class Structure

#### 1. Class Formation

The class should be set up to provide an inclusive, social and group orientated layout to enable participants to see and interact with each other.

Eg. Chairs in a circle or in 2 lines opposite each other.

#### 2. Positioning

Ensure everyone can participate from a comfortable and safe position that optimises performance<sup>9</sup>.

#### 3. Social Support

Consider assigning new participants with a “buddy”. This will help integrate new participants into the class and increase social engagement.

#### 4. Equipment

Ensure the equipment required for an activity is adapted to meet the needs of participants with different impairments. Adapt equipment to be colour-contrasting and tactile where possible. These changes can be completed at low cost with high-visibility tape or dots<sup>10</sup>

#### 5. Music

Consider utilising music that is recognisable and relevant to the age of the class participants.

#### 6. Consistency

Use the same warm up exercises, finish/concluding activities and songs to avoid confusion and create a sense of routine.

### Coach Delivery

#### 1. Behaviour

Engaging, encouraging, supportive and compassionate are key attributes of a good, inclusive coach. These characteristics in addition to a non-prejudice environment will encourage attendance and the retention of participants.

#### 2. Positioning

Ensure the coach/instructor is in a visible position to see all participants at all times and for the participants to see the coach.

#### 3. Language

Use appropriate language<sup>10</sup>.

Inappropriate	Appropriate
The disabled; people with disabilities; invalid; handicapped	Disabled people
Stroke victim; suffers from ...	Living with or has (name of medical condition)
Wheelchair-bound, confined to a wheelchair	Wheelchair user
The blind or the deaf	Partially sighted or partially hearing Visually or hearing impaired; deaf or blind
Mental or mentally ill	Mental health condition

#### 4. Communication

Describe the activity, give clear instructions in simple terms and demonstrate the movements<sup>10</sup>. Where possible sign activities/instructions to engage and communicate effectively with all participants.

#### 5. Safety

Ensure all participants with sensory impairments are accounted for in class, by ensuring that they can see or hear the start and stop of exercises, and understand all safety signals.

### Activities

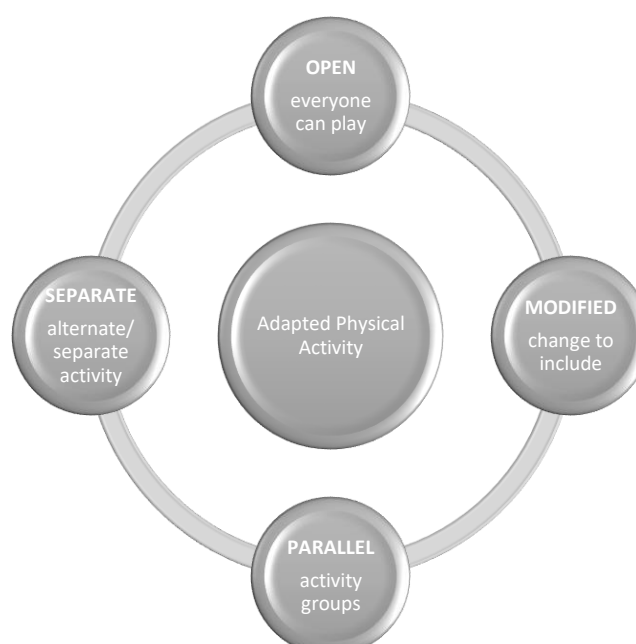
#### 1. Exercise Tolerance

This is the exercise capacity of an individual, measured by their ability to endure exercise and/or maximum workload achieved during an exercise period. If you are unsure of an individual's ability level and exercise tolerance, alternate active and passive activities<sup>9</sup>.

#### 2. Adaptation & Modification

The Inclusion Spectrum Framework (see figure 1)<sup>11</sup> can be used to identify different ways to tailor activities to increase engagement and maximise participation.

**Figure 1 – The Inclusion Spectrum Framework**



**Everyone can play (open) activity:** These are naturally inclusive activities, based on a skill that everyone can participate in; with little or no modifications. Individuals find the level of participation that suits them.

**For example - Smile Toss:** Prepare to laugh when playing this great balloon game. Draw a smiley face on a balloon. Sit in a circle with the other players. Have someone oversee the game as well as playing some recorded music and stopping it at random times. As the music plays, pass the balloon around the circle to each other. If you're left holding the balloon when the music stops, you must try not to smile for at least 10 seconds. If you do smile, you'll have to leave the circle. The last person remaining wins the game.

**Change to include (modified) activity:** This is where changes are made to the activity to support inclusion and activities are adapted to provide both support and challenge across a range of different abilities. For example, change hand held apparatus to reduce the challenge of catching i.e. scarves instead of balls.

**Ability group (parallel) activity:** This is where people participate with others according to similar ability – this can be versions of the same activity, but at a level that suits the individuals in each group; for example, chair-based aerobics for some individuals; standing aerobics for those who are more mobile.

**Alternate or separate activity:** This is where people develop skills independently before integrating into a group setting; working temporarily on specific skills leading to more successful inclusion. Sometimes, to include someone more effectively, they need to practise separately first. Note: this should not be most of the time. For example, set up stations for balance at different heights.

### 3. Icebreaker Activities

Consider using icebreaker activities as warm-up extensions and a “getting to know each other” exercise to encourage social engagement. For example:

**The Name Game:** Players stand in an allocated playing area, when the music starts the players move to the music. The coach will then stop the music at a random point, when the music has stopped all players find a partner (or make a group of three) and ask each other their names. The coach then plays the music again, participants start moving within the allocated area. Players must find a new partner every time the music stops.

Challenge each participant at the end of the game to see who's names they can remember. As the weeks go on change the information required: favourite sport, postcode etc.

### 4. Sequences & Brain Activities

Utilise sequences and brain activities to gain the focused attention of participants<sup>9</sup> and assist in improving their memory. Brain activities can also be used to organise groups and encourage participants to meet new people. For example:

**Molecules:** Ask the participants to walk freely around the room. The coach then asks the participants to make “molecules of...”. The participants must form groups.

For instance, if the coach says:

‘Form molecules of six,’ the participants will have to form groups of six quickly. Anyone who fails to be a part of a group is out. (There can be more than one group of six depending on number of players).

The game can be played for as long as the participants are having fun or when just two to three players are remaining.

#### **5. Partner & Group Activities**

Utilising partner and group activities can encourage participants to engage with someone new and assist in developing social networks.

#### **6. Progressions**

Include gradual progressions to challenge participants. Ensure that activities have progressions and regressions available for those that require them. Having alternative exercises available for those that need them will help retain members and encourage continued attendance.

**Make sure that the activities are varied, fun and enjoyable!**

## Program Learning Outcomes

### Guidelines

- Learning outcomes are based on task mastery of activities within each ability level step.
- Learning outcomes are individualised to each participant.
- The tables below outline the learning outcome activities according to each program step.
- Learning outcomes have been aligned to the class categories and corresponding lesson plans.
- The learning outcome activities are described and outlined within the lesson plans, including key coaching points and relevant equipment.
- Activities are to be monitored periodically, with continual progress checks carried out by coaches.

### Assessment Method

- Each activity can receive up to 2 ticks according to the competency of the movement (see table below).
- To complete and progress to the next step, participants must achieve two-thirds of the total number of ticks available.  
Eg. 10 assessment skills = 20 available ticks; 13 ticks required to progress to the next step.

Activity competency level	<b>Mastered</b> Excellent form and execution	<b>Competent</b> Basic movement mastered and form improving	<b>Learning</b> Requires more time to master basic movement
Assessment symbol	√√	√	-

## Chair-Based Program Assessments

		Step 1	Step 2	Step 3
Aerobic	Upper body	<ul style="list-style-type: none"> <li>Seated activity using low-moderate tempo music (80-119 bpm<sup>12</sup>) x 3 mins (30 secs on, 30 secs rest) Eg. Hula arms</li> </ul>	<ul style="list-style-type: none"> <li>Seated activity using moderate tempo music (120-140 bpm<sup>12</sup>) - to the beat of the music x 3 mins (30 secs on, 30 secs rest) Eg. Boxing</li> </ul>	<ul style="list-style-type: none"> <li>Seated activity using low-moderate tempo music (80-119 bpm<sup>12</sup>) - double time to the beat of the music x 3 mins (30 secs on, 30 secs rest) Eg. Hand clap pattern</li> </ul>
	Lower body		<ul style="list-style-type: none"> <li>Seated activity using moderate tempo music (120-140 bpm<sup>12</sup>) (flexion &amp; extension of hips &amp; knees) - to the beat of the music x 3 mins (30 secs on, 30 secs rest) Eg. Seated marching or kicking</li> </ul>	<ul style="list-style-type: none"> <li>Seated activity using moderate tempo music (120-140 bpm<sup>12</sup>) (abduction &amp; adduction of hips) - to the beat of the music x 3 mins (30 secs on, 30 secs rest) Eg. Seated marching 2 - left &amp; right</li> </ul>
	Whole body			<ul style="list-style-type: none"> <li>Seated choreographed routine - to music using upper &amp; lower body activities Eg. Staying Alive</li> </ul>
Strength	Upper body	<ul style="list-style-type: none"> <li>Bicep curl - seated with no weight x 10 on each arm</li> <li>Front arm raise - seated with no weight x 10 on each arm</li> <li>Lateral arm raise - seated with no weight x 10 on each arm</li> </ul>	<ul style="list-style-type: none"> <li>Bicep curl - seated with 400-500g in each hand x 10 on each arm</li> <li>Front arm raise - seated with 400-500g in each hand x 10 on each arm</li> <li>Lateral arm raise - seated with 400-500g in each hand x 10 on each arm</li> </ul>	<ul style="list-style-type: none"> <li>Bicep curl - seated with 1Kg in each hand x 10 on each arm</li> <li>Front arm raise - seated with 1Kg in each hand x 10 on each arm</li> <li>Lateral arm raise - seated with 1Kg in each hand x 10 on each arm</li> </ul>
	Middle body		<ul style="list-style-type: none"> <li>Seated hip lift x 7-10 on each leg</li> </ul>	<ul style="list-style-type: none"> <li>Seated hip lift x 10-15 on each leg</li> </ul>
	Lower body			<ul style="list-style-type: none"> <li>Seated thigh lift x 7-10 on each leg</li> <li>Seated squat - with support x 3-5</li> </ul>
Flexibility	Upper body	<ul style="list-style-type: none"> <li>Seated small arm circles - at 45° x 10 on each arm both ways</li> <li>Seated hug stretch - from shoulder to shoulder</li> </ul>	<ul style="list-style-type: none"> <li>Seated small arm circles - straight arms 90° to body x10 on each arm both ways</li> <li>Seated triceps stretch #1 - with support on each arm</li> </ul>	<ul style="list-style-type: none"> <li>Seated small arm circles - straight arms 90° to body x10 on each arm both ways</li> <li>Seated triceps stretch #1 - with support on each arm</li> </ul>
	Middle body	<ul style="list-style-type: none"> <li>Seated small body twist - to 45° both sides</li> </ul>	<ul style="list-style-type: none"> <li>Seated large body twist - to 90° both sides</li> <li>Seated side stretch - elbow to hip both sides</li> </ul>	<ul style="list-style-type: none"> <li>Seated large body twist - to 90° both sides</li> <li>Seated side stretch - elbow to hip both sides</li> </ul>
	Lower body		<ul style="list-style-type: none"> <li>Seated knee extension - on each leg (no height requirement)</li> </ul>	<ul style="list-style-type: none"> <li>Seated knee extension - horizontal with support on each leg</li> <li>Seated hip stretch - knees just wider than hips on each leg</li> </ul>
Balance	Static	<ul style="list-style-type: none"> <li>Assisted seated balance x 10 secs</li> </ul>	<ul style="list-style-type: none"> <li>Assisted seated balance - on one-foot x 10 secs on each leg</li> </ul>	<ul style="list-style-type: none"> <li>Seated balance - both legs x 10 secs</li> </ul>
	Dynamic			
Other		<ul style="list-style-type: none"> <li>Bounce &amp; catch (rhythmic ball) - each hand x 3</li> <li>Ribbon circles x 3</li> </ul>	<ul style="list-style-type: none"> <li>Bounce &amp; catch (rhythmic ball) - catch on back of each hand x 3</li> </ul>	<ul style="list-style-type: none"> <li>Ball roll (rhythmic ball) - down arms to chest &amp; back x 3</li> <li>Ribbon circles - overhead x3</li> </ul>

Number of skills & requirements	<ul style="list-style-type: none"> <li>• 10 skill assessments (20 ticks available)</li> <li>• <b>13 ticks required</b></li> </ul>	<ul style="list-style-type: none"> <li>• 13 skill assessments (26 ticks available)</li> <li>• <b>17 ticks required</b></li> </ul>	<ul style="list-style-type: none"> <li>• 18 skill assessments (36 ticks available)</li> <li>• <b>24 ticks required</b></li> </ul>
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### Less Active Program Assessments

		Step 1	Step 2	Step 3
Aerobic	Upper body	<ul style="list-style-type: none"> <li>• <b>Seated activity using moderate tempo music (120-140 bpm<sup>12</sup>)</b> - to the beat of the music x 5 mins (30 secs on, 30 secs rest) Eg. Boxing</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing activity using low-moderate tempo music (80-119 bpm<sup>12</sup>)</b> - double time to the beat of the music x 3 mins (30 secs on, 30 secs rest) Eg. Hand clap pattern</li> </ul>	
	Lower body	<ul style="list-style-type: none"> <li>• <b>Seated activity using moderate tempo music (120-140 bpm<sup>12</sup>) (abduction &amp; adduction of hips)</b> - to the beat of the music x 5 mins (30 secs on, 30 secs rest) Eg. Seated marching extension - left &amp; right</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Free walking</b> x 3 mins</li> </ul>	
	Whole body	<ul style="list-style-type: none"> <li>• <b>Seated choreographed routine</b> - to music using upper &amp; lower body activities Eg. Staying Alive</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ball Bounce</b> - sitting &amp; standing</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing choreographed routine</b> - to music using upper &amp; lower body activities Eg. Nutbush</li> </ul>
Strength	Upper body	<ul style="list-style-type: none"> <li>• <b>Bicep curl</b> - seated with 1Kg in each hand x 10 on each arm</li> <li>• <b>Front arm raise</b> - seated with 1Kg in each hand x 10 on each arm</li> <li>• <b>Lateral arm raise</b> - seated with 1Kg in each hand x 10 on each arm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Wall push up's</b> - 30cm away from wall x 5</li> <li>• <b>Tricep support #1</b> x 10 secs on each arm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Elevated push up's</b> x 10</li> <li>• <b>Tricep support #2</b> x 10 secs on each arm</li> </ul>
	Middle body	<ul style="list-style-type: none"> <li>• <b>Front support on chair</b> x 5 secs</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Front support on chair</b> x 10 secs</li> <li>• <b>Seated crunch</b> x 5-7</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Back pull with stretch band</b> x 10</li> <li>• <b>Seated crunch</b> x 7-10</li> </ul>
	Lower body	<ul style="list-style-type: none"> <li>• <b>Seated squat</b> - with support x 5-10</li> <li>• <b>Seated double leg raise</b> x 10 secs (no height requirement)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Seated half squat</b> - at 45° x 3 secs (x 5)</li> <li>• <b>Seated double leg raise</b> – horizontal x 20 secs</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Seated squat</b> - unassisted x 10</li> <li>• <b>Forward &amp; backward leg extensions</b> x 5 on each leg</li> <li>• <b>Lateral leg raise</b> x 5 on each leg</li> </ul>
Flexibility	Upper body	<ul style="list-style-type: none"> <li>• <b>Full arm circles</b> - with straight arms in both directions (front-overhead-behind)</li> <li>• <b>Triceps stretch #2</b> - full stretch on each arm</li> <li>• <b>Back scratch stretch</b> - to lower back with each arm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Full arm circles</b> with straight arms in both directions (front-overhead-behind)</li> <li>• <b>Triceps stretch #2</b> - full stretch on each arm</li> <li>• <b>Back scratch stretch</b> - to shoulder blades (achieve on one arm)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Back scratch stretch</b> - to shoulder blades (achieve on both arms)</li> </ul>
	Middle body	<ul style="list-style-type: none"> <li>• <b>Standing side stretch</b> – to mid-thigh on both sides</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing side stretch</b> - to mid-thigh on both sides</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing side stretch</b> - to knee both sides</li> </ul>
	Lower body	<ul style="list-style-type: none"> <li>• <b>Standing hamstring stretch</b> – fingers to knees</li> <li>• <b>Quad stretch</b> - knee on chair with each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing hamstring stretch</b> – fingers to knees</li> <li>• <b>Quad stretch</b> - knee on chair with each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing hamstring stretch</b> – fingers to ankles</li> <li>• <b>Quad stretch</b> - holding foot on each leg</li> </ul>
Balance	Static	<ul style="list-style-type: none"> <li>• <b>Relevé</b> - with support x 15 secs</li> <li>• <b>Balance on one leg</b> - with support x 15 secs on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Relevé</b> - with one finger support x 15 secs</li> <li>• <b>Balance on one leg</b> - with one finger support x 15 secs on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Relevé</b> - with no support x 15 secs</li> <li>• <b>Balance on one leg</b> - with no support x 15 secs on each leg</li> </ul>
	Dynamic		<ul style="list-style-type: none"> <li>• <b>Walking heel to toe</b> – forwards x 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Passé walk</b> - every step x 10 on each leg</li> <li>• <b>Forward and backward kicks</b> x 10 on each leg</li> </ul>
Other		<ul style="list-style-type: none"> <li>• <b>Throw &amp; catch (baton)</b> - 180° x 3 with each hand</li> <li>• <b>Throw &amp; catch (ribbon)</b> x 3</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Throw &amp; catch (baton)</b> - 180° x3 with both hands simultaneously</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ribbon catch</b> x 3</li> <li>• <b>Straddle shape</b></li> <li>• <b>Pike shape</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Straight shape</b></li> <li>• <b>Star shape</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tuck shape</b></li> </ul>	
<b>Number of skills &amp; requirements</b>	<ul style="list-style-type: none"> <li>• 21 skill assessments (42 ticks available)</li> <li>• <b>28 ticks required</b></li> </ul>	<ul style="list-style-type: none"> <li>• 20 skill assessments (40 ticks available)</li> <li>• <b>27 ticks required</b></li> </ul>	<ul style="list-style-type: none"> <li>• 19 skill assessments (38 ticks available)</li> <li>• <b>25 ticks required</b></li> </ul>

### Active Program Assessments

		Step 1	Step 2	Step 3
Aerobic	Upper body			
	Lower body			
	Whole body	<ul style="list-style-type: none"> <li>• <b>Running on the spot</b> x 3 mins</li> <li>• <b>Box step</b> x 20</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Jogging</b> x 3 mins</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Skipping</b> x 3 mins</li> </ul>
Strength	Upper body	<ul style="list-style-type: none"> <li>• <b>Chair push up's</b> x 10</li> <li>• <b>Tricep dip #1</b> x 5</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Knee push up's</b> x 10</li> <li>• <b>Tricep dip #1</b> x 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Push up's</b> x 10</li> <li>• <b>Tricep dip #2</b> x 10</li> </ul>
	Middle body	<ul style="list-style-type: none"> <li>• <b>Back pull with stretch band</b> x 15</li> <li>• <b>Seated crunch</b> x 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Seated crunch</b> - with 1Kg weight x 5-7</li> <li>• <b>Half plank</b> x 20 secs</li> <li>• <b>Bird Dog</b> - on hands &amp; knees x 10 on each side</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sit up's</b> x 10</li> <li>• <b>Plank</b> x 30 secs</li> <li>• <b>Bird Dog</b> - lying on floor x 10 on each side</li> </ul>
	Lower body	<ul style="list-style-type: none"> <li>• <b>Seated squat</b> x 10</li> <li>• <b>Forward &amp; backward leg extension</b> x 10 with each leg</li> <li>• <b>Lateral leg raise</b> x 10 on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Squat</b> - with balance support x5</li> <li>• <b>Half lunge</b> x 10 on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Squat</b> x 10</li> <li>• <b>Lunge</b> x 10 on each leg</li> </ul>
Flexibility	Upper body	<ul style="list-style-type: none"> <li>• <b>Shoulder stretch</b> - with hands together</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Monkey stretch</b> – on both sides</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Monkey stretch</b> – on both sides</li> </ul>
	Middle body	<ul style="list-style-type: none"> <li>• <b>Standing side stretch</b> - to knee on both sides</li> </ul>		
	Lower body	<ul style="list-style-type: none"> <li>• <b>Standing hamstring stretch</b> – fingers to ankles</li> <li>• <b>Quad stretch</b> –holding foot on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing hamstring stretch</b> – fingers to floor</li> <li>• <b>Quad stretch</b> – holding foot to bottom on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Standing hamstring stretch</b> – fingers to floor</li> <li>• <b>Quad stretch</b> – holding foot to bottom on each leg</li> </ul>
Balance	Static	<ul style="list-style-type: none"> <li>• <b>Relevé</b> - with no support x 15 secs</li> <li>• <b>Balance on one leg</b> - with no support x 15 secs on each leg</li> <li>• <b>Half arabesque</b> - with support x 15 secs on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Balance on one leg</b> - with no support and eyes closed x 10 secs on each leg</li> <li>• <b>Half arabesque</b> - with no support x 15 secs on each leg</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Passé hold, lift to relevé</b> - with no support x 15 secs on each leg</li> <li>• <b>Arabesque</b> - with no support x 15 secs on each leg</li> </ul>
	Dynamic	<ul style="list-style-type: none"> <li>• <b>Walking heel to toe</b> – backwards x 10 on each leg</li> </ul>		
Other		<ul style="list-style-type: none"> <li>• <b>Chassé</b> x 10</li> <li>• <b>Side chassé</b> x 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Throw &amp; catch (baton)</b> - 360° x3 with both hands simultaneously</li> <li>• <b>Hop to arabesque (leap drill)</b></li> </ul>	



		x10 • <b>Assemblé</b> – with arms over the top x 10	
Number of skills & requirements	<ul style="list-style-type: none"> <li>• 19 skill assessments (38 ticks available)</li> <li>• <b>25 ticks required</b></li> </ul>	<ul style="list-style-type: none"> <li>• 16 skill assessments (32 ticks available)</li> <li>• <b>21 ticks required</b></li> </ul>	<ul style="list-style-type: none"> <li>• 13 skill assessments (26 ticks available)</li> <li>• <b>17 ticks required</b></li> </ul>

## Program Assessment Activities

Activity	Description	Key Coaching Points	Equipment
Hula arms	Start with both arms to one side. Do “hula arm” movements from one side to the other.	<ul style="list-style-type: none"> <li>• Use Hawaiian music</li> <li>• Controlled movements</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Hawaiian music</li> </ul>
Bicep curl	Start with arms by your side, bend arm at the elbow with palm facing up. Repeat on other arm.	<ul style="list-style-type: none"> <li>• Elbows close to body</li> <li>• Use control when lowering arm</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chair</li> <li>• Music</li> <li>• Hand weights</li> </ul>
Front arm raise	Start with arms by your side, raise arm forward in front of body, palms facing down. Repeat on other arm.	<ul style="list-style-type: none"> <li>• Straight arms</li> <li>• Do not raise arm past horizontal</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Hand weights</li> </ul>
Lateral arm raise	Start with arms by your side, raise arm out to the side of the body, palms facing down. Repeat on other arm.	<ul style="list-style-type: none"> <li>• Straight arms</li> <li>• Do not raise arm past horizontal</li> <li>• Keep upper body still</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Hand weights</li> </ul>
Small arm circles	Make forward and backward circles with arms.	<ul style="list-style-type: none"> <li>• Arms straight</li> <li>• Arms move simultaneously</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Hug stretch	Place arms across body and hug yourself.	<ul style="list-style-type: none"> <li>• Arms across chest</li> <li>• Reach for shoulder blades</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• music</li> </ul>
Body twist	Start with body facing the front, twist body to the right and then the left. Use hands on chair for support if needed.	<ul style="list-style-type: none"> <li>• Keep lower body still</li> <li>• Twist shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Assisted seated balance	Place both feet onto a raised surface, balance on bottom.	<ul style="list-style-type: none"> <li>• Controlled movements</li> <li>• Sit forward on chair</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chair</li> <li>• Music</li> </ul>
Bounce & catch (rhythmic ball)	Use both hands to bounce a ball on the floor. Catch with both hands. Progression: Bounce to left and right of body.	<ul style="list-style-type: none"> <li>• Watch the ball</li> <li>• Firm grip</li> <li>• Keep ball close to body</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Ball</li> </ul>

<b>Ribbon circles</b>	Use right hand to draw circles in the air with a ribbon. Repeat with left hand.	<ul style="list-style-type: none"> <li>• Large controlled movements</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Ribbon</li> </ul>
<b>Boxing</b>	Wrap hands with stretch band and punch forwards to the beat of the music.	<ul style="list-style-type: none"> <li>• Long, straight arm actions</li> <li>• Clench fists</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Stretch bands</li> </ul>
<b>Seated marching</b>	March feet up and down to the beat of the music.	<ul style="list-style-type: none"> <li>• Raise knees as high as possible</li> <li>• Stamp feet</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Hip lift</b>	Lift one buttock off chair at a time by leaning to one side.	<ul style="list-style-type: none"> <li>• Feet flat on floor</li> <li>• Squeeze ribs towards hip</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Tricep stretch #1</b>	Place fingers on shoulders, lift elbow with opposite hand to allow a gentle stretch.	<ul style="list-style-type: none"> <li>• Do not push on joints</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Side stretch</b>	Lean body over to one side, reach down to the ground.	<ul style="list-style-type: none"> <li>• Do not lean forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Seated knee extension</b>	Raise one foot off the floor; extend leg from the knee in a kicking action.	<ul style="list-style-type: none"> <li>• Kick legs as high as possible</li> <li>• Engage thigh muscle</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Choreographed routine</b>	Using upper and lower body, choreograph a routine to a song of your choice.	<ul style="list-style-type: none"> <li>• Rest periods</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Thigh lift</b>	Place hands on side of chair for support. Lift one thigh off the chair at a time.	<ul style="list-style-type: none"> <li>• Use arms for support if needed</li> <li>• Legs straight</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Seated squat</b>	Standing in front of chair sit down and return to standing.	<ul style="list-style-type: none"> <li>• Feet shoulder width apart</li> <li>• Back straight</li> <li>• Chest up</li> <li>• Eyes forward</li> <li>• Knees must not go over toes</li> </ul>	<ul style="list-style-type: none"> <li>• Stable Chairs</li> <li>• Music</li> </ul>
<b>Seated hip stretch</b>	Place feet flat on the floor, shoulder width apart. Push knees out to feel gentle inside thigh stretch.	<ul style="list-style-type: none"> <li>• Do not push on joints</li> <li>• Feet flat on floor</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Seated balance</b>	Raise feet off the floor and balance on bottom.	<ul style="list-style-type: none"> <li>• Use chair for assistance</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
<b>Ball roll (rhythmic ball)</b>	Extend arms out and place ball on the back of hands. Roll ball down the arms to the chest and back.	<ul style="list-style-type: none"> <li>• Arms straight</li> <li>• Flex wrist</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> </ul>

			<ul style="list-style-type: none"> <li>• Music</li> <li>• Ball</li> </ul>
Front support on chair	Facing chair, place hands on the seat of the chair, move feet backwards until body is straight with shoulders over hands. Hold position, rest and repeat.	<ul style="list-style-type: none"> <li>• Hands secure on chair</li> <li>• Straight body</li> <li>• Shoulders over hands</li> <li>• Elbows straight</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Seated double leg raise	Sit on a chair; raise both legs up at the same time. Extend the legs so that they become straight. Aim to have legs parallel to the ground.	<ul style="list-style-type: none"> <li>• Keep legs straight</li> <li>• Hold onto chair for assistance</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Full arm circles	Make forward and backward circles with arms.	<ul style="list-style-type: none"> <li>• Arms straight</li> <li>• Arms move simultaneously</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Tricep stretch #2	Place fingers on shoulder, lift elbow with opposite hand to allow a gentle stretch. Allow fingers to reach to the middle of the back.	<ul style="list-style-type: none"> <li>• Open chest position</li> <li>• Fingers to middle back</li> <li>• Do not push on joints</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Back scratch stretch	Reach hand behind body and place on lower back with palm turned out, slowly move the hand up the back towards the shoulder blades.	<ul style="list-style-type: none"> <li>• Raise arm as far as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Hamstring stretch	Straighten one leg in front and bend the back knee. Place hands on bent leg, then push bottom backwards and lean forwards. Repeat on other leg.	<ul style="list-style-type: none"> <li>• Front leg straight</li> <li>• Do not push on joints</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Quad stretch	Bend one leg and hold the foot. To extend the stretch, pull foot in towards bottom and push hips forward. Repeat on other leg.	<ul style="list-style-type: none"> <li>• Controlled movements</li> <li>• Push hip forwards</li> <li>• Use chair for balance support</li> <li>• Keep knees together</li> </ul>	<ul style="list-style-type: none"> <li>• Stable Chairs</li> <li>• Music</li> </ul>
Relevé	Rise up onto tip toes, lifting heels off the floor and hold for 15 seconds. Use chair for support if required.	<ul style="list-style-type: none"> <li>• Straight body</li> <li>• Engage leg muscles</li> <li>• Squeeze bottom</li> <li>• Eyes forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Balance on one leg	Stand on one leg behind chair (passé), use back of chair for support if needed.	<ul style="list-style-type: none"> <li>• Eyes forwards and find focus point</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>

Throw & catch baton	Throw a baton into the air, spinning it 180° and catching it at the opposite end.	<ul style="list-style-type: none"> <li>• Watch the baton</li> <li>• Flick wrist to generate spin</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Baton</li> </ul>
Throw & catch ribbon	Hold ribbon handle in one hand, throw ribbon handle into the air as high as possible, then try and catch the ribbon handle.	<ul style="list-style-type: none"> <li>• Watch the ribbon handle</li> <li>• Bend knees slightly</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Ribbon</li> </ul>
Straight shape	Stand tall with good posture. Raise arms above head and squeeze towards ears.	<ul style="list-style-type: none"> <li>• Tuck bottom under hips</li> <li>• Arms by ears</li> <li>• Do not sway backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Star shape	Stand tall with good posture. Raise arms above head ('Y shape'), place feet hip distance apart.	<ul style="list-style-type: none"> <li>• Arms straight</li> <li>• Tuck bottom under hips</li> <li>• Do not sway backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Ball bounce	Bounce a ball for four counts in right hand then for four counts in the left hand. Repeat.	<ul style="list-style-type: none"> <li>• Watch the ball</li> <li>• Palms of hands face downwards</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Ball</li> </ul>
Wall push up's	Stand an arm's length away from the wall, with palms flat against wall. Feet and hands shoulder width apart, bend at the elbows lowering chest towards the wall and then push away.	<ul style="list-style-type: none"> <li>• Hands and feet shoulder width apart</li> <li>• Straight body</li> <li>• Bend at the elbows</li> <li>• Eyes forward</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Wall</li> </ul>
Tricep support #1	Sit tall on the edge of a chair. Place hands on the chair behind you, push up to raise bottom off the chair. Hold and then repeat.	<ul style="list-style-type: none"> <li>• Fingers facing forwards</li> <li>• Knees bent</li> <li>• Elbows straight</li> <li>• Lift hips</li> <li>• Shoulders over wrists</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Seated crunch	Lift both legs up off the floor as high as possible with the knees bent.	<ul style="list-style-type: none"> <li>• Use arms for support if needed</li> <li>• Squeeze knees together</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Seated half squat	Stand in front of a chair, start to sit down. Hold a half squat at 45° then repeat.	<ul style="list-style-type: none"> <li>• Feet shoulder width apart</li> <li>• Back straight</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> </ul>

		<ul style="list-style-type: none"> <li>• Chest up</li> <li>• Eyes forward</li> <li>• Knees must not go over toes</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Walking heel to toe (forward)	On the low beam, walk forwards and place heel down first and then toe (walk forwards weight transfer). Join heel to toes on each step.	<ul style="list-style-type: none"> <li>• Use arms for balance</li> <li>• Eyes look towards the end of low beam</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Low beam</li> </ul>
Tuck shape	Sit on front of chair, with arms raised forward in front of body. Lift feet off the ground to achieve tuck position.	<ul style="list-style-type: none"> <li>• Use arms for support if needed</li> <li>• Squeeze knees together</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Elevated push up extension	Stand an arm's length away from the wall, with palms flat against wall. Take one step backwards and adjust hands to ensure shoulder/wrist alignment. Feet and hands shoulder width apart, bend at the elbows lowering chest towards the wall and then push away.	<ul style="list-style-type: none"> <li>• Hands and feet shoulder width apart</li> <li>• Straight body</li> <li>• Bend at the elbows</li> <li>• Eyes forward</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Tricep support #2	Sit tall on the edge of a chair. Place hands on the chair behind you, push up to raise bottom off the chair. Walk feet forwards to create diagonal line from head to foot. Hold and then repeat.	<ul style="list-style-type: none"> <li>• Fingers facing forwards</li> <li>• Elbows straight</li> <li>• Legs straight</li> <li>• Lift hips</li> <li>• Shoulders over wrists</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Back pull with Stretch band	Extend both arms out in front of body with hands shoulder width apart. Hold one end of a stretch band in each hand, and then open arms out to the side to create a "T" shape with the body. Repeat.	<ul style="list-style-type: none"> <li>• Straight arms</li> <li>• Arms should be parallel to the floor</li> <li>• Squeeze shoulder blades together</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> <li>• Stretch band</li> </ul>
Forward/ backwards leg extensions	Extend one leg forwards and return to the middle. Then extend the same leg backwards and return to the middle. Use chair for support where needed. Repeat on other side.	<ul style="list-style-type: none"> <li>• Straight leg</li> <li>• Controlled movements</li> <li>• Hips face forwards</li> <li>• Point toes</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Lateral leg raises	Stand beside chair, extend one leg out to the side and repeat on other leg. Use chair for support if required. Repeat on other side.	<ul style="list-style-type: none"> <li>• Straight leg</li> <li>• Controlled movements</li> <li>• Hips face forwards</li> <li>• Point toes</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Passé walk	Walking forwards, hold two passé holds on each leg and repeat (refer to passé hold description).	<ul style="list-style-type: none"> <li>• Straight body</li> <li>• Engage leg muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> </ul>

		<ul style="list-style-type: none"> <li>• Squeeze bottom</li> <li>• Eyes forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Forward and backward kicks	Walk forward; kick one leg forwards alternating the leg on each step. Repeat the action stepping backwards and kicking behind.	<ul style="list-style-type: none"> <li>• Straight legs</li> <li>• Kick as high as possible</li> <li>• Point toes</li> <li>• Ensure spatial awareness between participants</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Ribbon catch	Hold ribbon in one hand with handle on the floor. Raise the arm up to elevate the ribbon handle into the air, and then catch the handle in the other hand. You will now be holding the ribbon in both hands.	<ul style="list-style-type: none"> <li>• Straight arms</li> <li>• Watch the handle</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chair</li> <li>• Music</li> <li>• Ribbon</li> </ul>
Straddle shape	Sit on a chair with feet hip distance apart. Extend legs outwards to create a straddle shape.	<ul style="list-style-type: none"> <li>• Use hands for assistance if required</li> <li>• Legs straight</li> <li>• Point toes</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Pike shape	Sit on a chair with feet together. Extend legs outwards to create a pike shape.	<ul style="list-style-type: none"> <li>• Legs together</li> <li>• Use hands for assistance if required</li> <li>• Legs straight</li> <li>• Point toes</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Running action (arms and legs)	Stand on the spot and practice the movements required for running. E.g. lift opposite arm and opposite leg.	<ul style="list-style-type: none"> <li>• Drive forwards from toes</li> <li>• High knees</li> <li>• Eyes forward</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Box step	Start with the feet together, step forward diagonally with the right foot, then diagonally with the left foot (feet shoulder width apart). Step back with the right foot, then with the left foot (feet together).	<ul style="list-style-type: none"> <li>• Eyes forward</li> <li>• Widen stance when stepping forward</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Chair push up's	Stand in front of a chair and place hands on the seat. Move feet backwards until body is in a straight, diagonal line, with shoulders directly over hands. Bend at the elbows lowering chest towards the chair then push back up.	<ul style="list-style-type: none"> <li>• Hands and feet shoulder width apart</li> <li>• Straight body</li> <li>• Bend at the elbows</li> <li>• Eyes forward</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chairs</li> <li>• Music</li> </ul>
Tricep dip #1	Sit tall on the edge of a chair, place hands on each side of the chair (behind you), slide bottom off the front of the chair and keep knees bent. Bend the elbows lowering bottom towards the ground, then extend again.	<ul style="list-style-type: none"> <li>• Feet shoulder width apart</li> <li>• Fingers facing forwards</li> <li>• Controlled movements</li> <li>• Don't allow elbows to go out to the side</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chair</li> <li>• Music</li> </ul>

Shoulder stretch	Join hands together behind back. Lift arms up while keeping them joint together and straight.	<ul style="list-style-type: none"> <li>• Chest up</li> <li>• Straight arms</li> </ul>	• Music
Half arabesque	Stand in straight shape with feet together and arms above head. Stretch forwards whilst simultaneously lifting one leg off the ground. Try to achieve a straight, diagonal line from finger tips to toes.	<ul style="list-style-type: none"> <li>• Arms by ears</li> <li>• Straight arms</li> <li>• Straight legs</li> <li>• Point toes</li> </ul>	• Music
Walking heel to toe (backward)	In a straight line, walk backwards placing heel down first then toe. Join toe to heel on each step.	<ul style="list-style-type: none"> <li>• Use arms for balance</li> </ul>	• Music
Chassé	Step, together, step - with elevation (gallop). Alternate legs.	<ul style="list-style-type: none"> <li>• Soft knees</li> <li>• Eyes forward</li> </ul>	• Music
Side chassé	Step, together, step - sideways with elevation (side gallop). Repeat both sides.	<ul style="list-style-type: none"> <li>• Soft knees</li> <li>• Eyes forward</li> </ul>	• Music
Jogging	Slow run in allocated area.	<ul style="list-style-type: none"> <li>• Watch out for each other</li> <li>• Correct running arm movement</li> <li>• Give enough periods of rest</li> </ul>	• Music
Knee push ups	Place hands and knees on the floor. Move knees backwards until body is in a straight, diagonal line. Make sure that shoulders are over hands. Bend at the elbows, lowering chest towards the ground, then push back up.	<ul style="list-style-type: none"> <li>• Hands and feet shoulder width apart</li> <li>• Straight body</li> <li>• Bend at the elbows</li> <li>• Eyes forward</li> </ul>	• Music
Half plank	Place forearms and knees on the floor. Move knees away from the body until the body is in a straight, diagonal line with shoulders over elbows. Hold and repeat.	<ul style="list-style-type: none"> <li>• Shoulders over elbows</li> <li>• Eyes forwards</li> <li>• Head/neck straight</li> </ul>	• Music
Bird Dog	Place hands and knees on the floor. Extend one arm forwards and the opposite leg backwards. Repeat multiple times on both sides.	<ul style="list-style-type: none"> <li>• Keep extended arm and leg straight</li> <li>• Shoulders over hands</li> <li>• Hips over knees</li> <li>• Fingers face forwards</li> <li>• Point toes</li> </ul>	• Music
Squat	Stand with feet shoulder width apart. Bend the knees and push bottom backwards (as though you were going to sit on a chair). Lower bottom so that knees are at 90°. Repeat.	<ul style="list-style-type: none"> <li>• Feet shoulder width apart</li> <li>• Back straight</li> <li>• Chest up</li> <li>• Eyes forward</li> <li>• Knees must not go over toes</li> </ul>	• Music



Half lunge	Place one foot in front of the other. Bend the knees and lower body slightly towards the ground, then return to standing. Repeat on other leg.	<ul style="list-style-type: none"> <li>• Back straight</li> <li>• Arms out for balance</li> <li>• Slight bend in both knees</li> <li>• Knees must not go over toes</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Monkey stretch	Lift one arm above head and bend at the elbow. Reach the other hand behind the back and try to join hands.	<ul style="list-style-type: none"> <li>• Don't arch back</li> <li>• Extend fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Hop to arabesque (leap drill)	Hop to one leg and extend other leg backwards. At the same time reach arms forwards and hold position. Try to achieve a straight, horizontal line from finger tips to toes. Repeat on other leg.	<ul style="list-style-type: none"> <li>• Bend knees on landing</li> <li>• Arms by ears</li> <li>• Straight arms</li> <li>• Straight legs</li> <li>• Point toes</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Assemblé	Step to one leg and hop forwards landing two feet together. At the same time circle both arms forwards overhead to finish in front.	<ul style="list-style-type: none"> <li>• Bend knees on landing</li> <li>• Arms straight</li> <li>• Build complexity slowly</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Chair push up's	Hands and knees on the floor. Move knees backwards until body is straight with shoulders over hands. Raise knees off the ground. Bend at the elbows, lowering chest towards the ground, then push back up.	<ul style="list-style-type: none"> <li>• Shoulders over hands</li> <li>• Slow movements</li> <li>• Legs straight</li> <li>• Fingers face forward</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Tricep dip #2	Sit tall on the edge of a chair. Place hands on the chair behind you and extend knees. Slide bottom off the front of the chair, then bend and extend the elbows.	<ul style="list-style-type: none"> <li>• Fingers facing forwards</li> <li>• Knees bent</li> <li>• Elbows straight</li> <li>• Lift hips</li> <li>• Shoulders over wrists</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chair</li> <li>• Music</li> </ul>
Skipping	Stand with feet together and holding rope behind the body. Swing rope overhead and jump for rope to pass under feet and repeat.	<ul style="list-style-type: none"> <li>• Bend knees on landing</li> <li>• Back straight</li> <li>• Start slowly</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> <li>• Rope</li> </ul>
Sit up's	Lie down on back with knees bent and feet placed on the floor, hip distance apart. Reach arms out in front, lift shoulders off the ground and reach towards the knees.	<ul style="list-style-type: none"> <li>• Partner hold feet for assistance</li> <li>• Neck straight</li> <li>• Shoulder blades lift off the floor</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Plank	Place forearms and knees on the floor. Move knees away from the body until the body is in a straight, diagonal line with shoulders over elbows. Lift knees off the ground and hold.	<ul style="list-style-type: none"> <li>• Shoulders over elbows</li> <li>• Eyes forwards</li> <li>• Head/neck straight</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>

Lunge	Place one foot in front of the other. Bend the knees and lower body towards the ground. Knees should reach right angles and then return to standing. Repeat on other leg.	<ul style="list-style-type: none"> <li>• Back straight</li> <li>• Arms out for balance</li> <li>• Slight bend in both knees</li> <li>• Knees must not go over toes</li> <li>• Widen stance if required</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>
Passé hold, lift to relevé	Stand on one leg; rise up onto tip toes and hold. Repeat on the other leg. (refer to Passé hold activity description and Relevé activity description)	<ul style="list-style-type: none"> <li>• Keep leg straight</li> <li>• Eyes forward</li> <li>• Use chair for support</li> </ul>	<ul style="list-style-type: none"> <li>• Stable chair</li> <li>• Music</li> </ul>
Arabesque	Stand in straight shape with feet together and arms above head. Stretch forwards whilst simultaneously lifting one leg off the ground. Try to achieve a straight, horizontal line from finger tips to toes.	<ul style="list-style-type: none"> <li>• Arms by ears</li> <li>• Straight arms</li> <li>• Straight legs</li> <li>• Point toes</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> </ul>

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