

Healthy Hawks

Standing Exercises - Sports

You do not need equipment for the exercises. You will use your body and imagination to complete each activity.

Reps	Description of Exercise or Activity
10	"DRIBBLE, DRIBBLE, CLAP, TOGETHER" (say it while you do the movements) - Start with feet together; Step to the right with right foot while pretending to dribble 2 times with right hand; Step back in with right foot so feet are together while clapping 2 times over your head; Step to the left with left foot while pretending to dribble 2 times with left hand; Step back in with left foot so feet are together while clapping 2 times over your head; Repeat 10 times trying to increase the speed of the pattern
5	TREADMILL RUN - Pretend you are on a treadmill; Stand in place and jog slow for 10 seconds, then run a little faster for 10 seconds, then as fast as you can for 10 seconds; repeat pattern 5 times
10	TENNIS TIME - Pretend to hold a tennis or badminton racket and forearm swing with your right arm, then backhand swing with your right arm; Switch and forearm swing with your left arm, then backhand swing with your left arm; Repeat 5 times with each arm
10	SWITCH HITTER - Bend your knees and swing a baseball bat 10 times; then switch your hands and stance and try to swing a bat 10 times the other way (This one is a bit tricky!)
10	RINK TIME - Shuffle feet around your table as if you are ice skating or roller skating; 10 times around your table