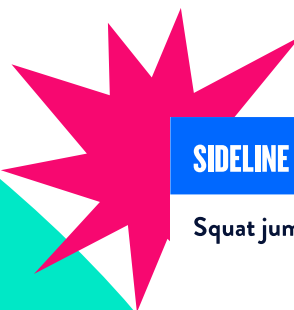


SIDELINE ACTIVITIES



SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Squat jumps	• Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position	• Perform squats without the jump
Ski jumps	• Start with the shoes together • Jump sideways back and forth over an imaginary line	• Perform slower
Shuffles	• Start with the shoes staggered, one forward and one back • Keep the chest up • Pump the arms • Shuffle the shoes swapping front and back	• Step one foot back and forward again, and repeat with the other foot
Lateral lunges	• Start in a central standing position • Keep the chest up • Step out to one side • Bend the knee and push it out • Load weight over the bent knee • Push back into a central position • Repeat on the other side	• Take a smaller step to the side, but ensure that weight does not go beyond the knee