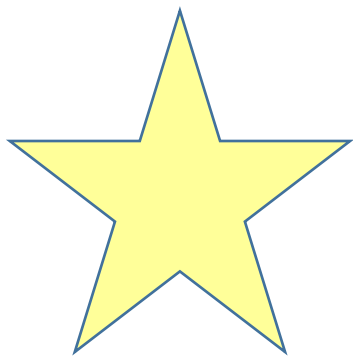




Power-up

Corner



Setting up a 'Power-Up Corner' in Class

You will need:

- A clear area of the classroom (approx. 1.5 metres square) next to a wall.
- A classroom chair
- A demarcated section of wall for: 'Air chair', 'Wall Push-ups' and 'Move the wall'.
- Laminated sheets of the following exercises displayed on the wall where students can see and follow them.
- A 3 minute visual timer.
- Laminated 'pass out' cards for teacher to give to pupils in need of a movement break.
- Basket / container for students to place 'pass out' cards in once used (optional)



NB: Recommended only 1 student at a time to use the Power-up corner.

Move
Break

Move
Break

Move
Break

Move
Break

Move
Break

Move
Break

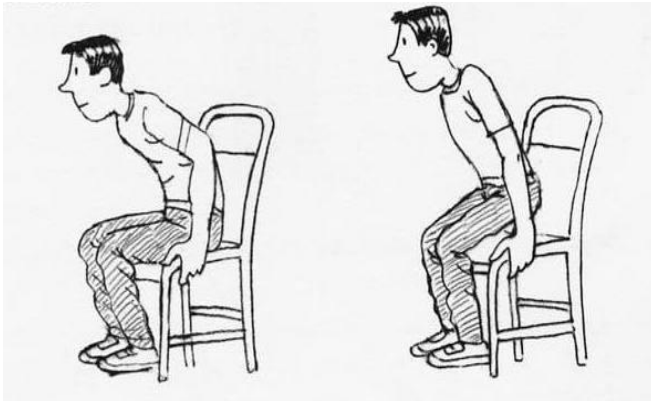
Move
Break

Move
Break

Move
Break

Move
Break

Chair Push-ups

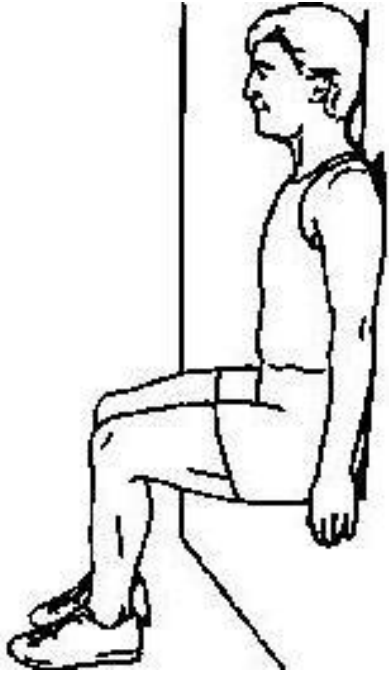


- Sit on the chair and hold the sides of the seat
- Push down through your hands (taking your body weight). Lift your bottom off the chair as high as you can.
- Hold for as long as possible



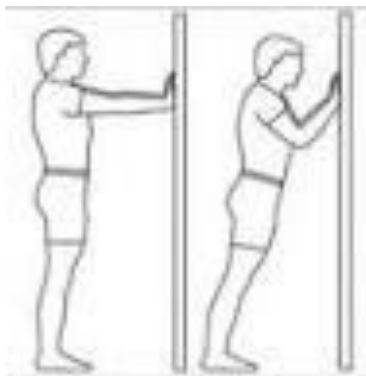
NB: lift feet up for a harder work out!

Air Chair



- Pretend you are sitting on an invisible chair !!
- Stand with your back against the wall.
- Slide down into a sitting position.
- Hold for as long as possible.

Wall Push-ups



- Put your hands flat on the wall and move back until your arms are straight.
- Lean forward until your nose touches the wall (bend your elbows)
- Slowly push yourself back to an upright position.
- Repeat x 10

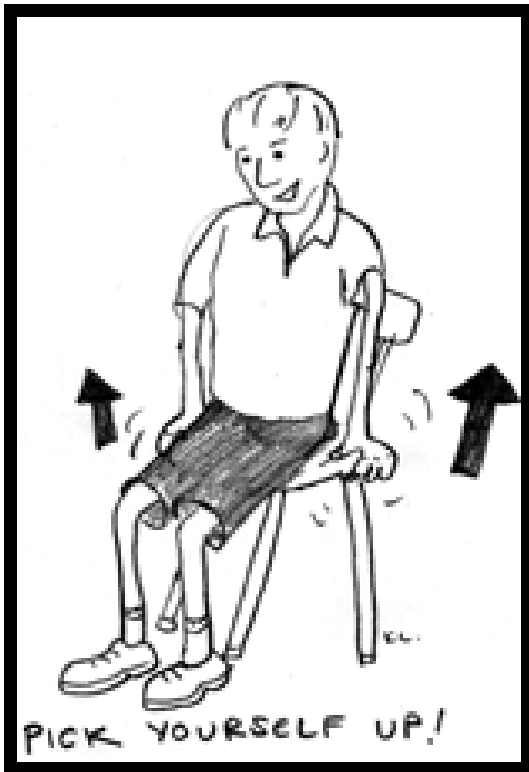
Move the Wall!!



- Push as hard as you can and try to move the wall
- Hold for count of 10.
- Repeat



Pick Yourself Up



- Sit on the chair.
- Hold on to the seat of the chair (thumbs on top, fingers underneath) and try to pick yourself up.
- Try to do this 10 times.

Chest press / Chest pull



- Place hands together, elbows out, push together as hard as you can and hold for the count of 10.
- Repeat
- Make a 'hook' with fingers on each hand. Link hands together (1 hand faces out, 1 hand faces in) and pull outwards as hard as you can.
- Repeat

Overhead Pull / Press



- Bring hands together over your head and interlock your fingers
- Imagine someone has glued your fingers together...try to pull them apart without letting go of the other hand!
- Press flat hands together overhead as hard as you can for about 15 seconds

Extended Press / Pull



- Hold your arms out straight in front of you with hands together and interlock your fingers
- Imagine someone has glued your fingers together...try to pull them apart without letting go of the other hand!
- Hold your arms out straight in front of you. Press flat hands together as hard as you can for about 15