

Line Jumps

Face a line and jump forwards and backwards over the line for 1 minute.

Tiptoe Walking

Tiptoe around the circuit.



Crab Walk

Crab walk around the circuit.



Step Ups

Find a bench or step and do step ups – one leg at a time, for 1 minute.

Sprints

Sprint the length of the court, then walk back. Repeat this for 1 minute.

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Arm Circles

Start with your arms out making small circles, slowly make your circles bigger, do 10 circles forwards and 10 circles backwards.