



Junior Section Physical Activities Competition

Venue: During normal meeting night

Date: W/C 17th November *

Team Size: Min 6 Boys, Max 12 Boys

Team Entry: Multiple teams permitted **

Officer: An officer must accompany team(s)

	Exercise	Description
1	Entrance	Jogging in file once around the hall then take positions for the exercises.
2	Side Bending	Feet astride, body straight, arms by side press down the side of each leg alternatively. Repeat X 6
3	Flying to America	Arms outstretched, rotate both arms in the same direction, with the fingertips making small circles (approx. 150mm diameter) for the count of 5, return arms to side. Repeat X 6
4	Windmills	Standing legs astride and straight. Alternate hand and toe touching to left and right. Repeat X 4
5	Trunk Turning	Standing legs astride with hands into chest, twist upper torso with left arm leading, repeat for right side. Repeat X 4
6	Squats	Start in crouch position with hands on the floor. Keeping hands on the floor spring feet backwards till legs are straight, then bring feet back to crouch position. Repeat X 6
7	Side Leg Raise	Lying on one side, gently raise one leg as high as possible then lower. Repeat X 6. Change sides and Repeat X 6.
8	Knee Drop	Lying on back with knees bent, let legs fall to each side alternatively. Repeat X 6.
9	Star Jumps	Start in a crouch position with feet together. Jump up raising arms and legs out to the side forming an X shape in mid-air. Gently land and lower into start position. Repeat X 6
10	Exit	Walk round the hall X 1 Jog round the hall X 1 Exit Hall

* All Companies will be judged during their normal meeting night at a time and date arranged and agreed with the convenor.

** Team members cannot participate in more than one team.



Junior Section Physical Activities Competition

Company:

Date:

Team:

Team Size:

Officer:

	Name	Primary Year
1		
2		
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