



Junior Section Physical Activities Competition

Venue: During normal meeting night

Date: W/C 16th 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	Tick Tock Swings	Stand legs astride and hands firmly on hips. Tilt your torso directly side-to-side like a clock pendulum. Do not lean forward or backward. Repeat X 6 each side
3	Woodchoppers	Stand with feet apart. Clasp hands together and reach high over your left shoulder. Swing your arms diagonally down across your body past your right knee. Bend your legs as you chop. Repeat X 4 each side
4	Backward Swimmer	Stand straight, rotate your arms in large continuous backwards circles one at a time ensuring you brush past your ears each time. Repeat X 6 each side
5	Straddle Press	Take one step forward, back leg straight, gently lower body and hold for the count of 4, change leg position and hold for 4. Repeat X 4 each position
6	Trunk Bending	Feet astride, bend forward to touch the floor, a) In front of feet, b) between feet, c) Behind feet. Return to upright position with hands by side. Repeat X 4
7	Leg Raise	Lying on your back, gently raise both legs 30cm hold for count of 4 then lower. Repeat X 6.
8	Knee Drop	Lying on back with knees bent, let legs fall to each side alternatively. Repeat X 4.
9	Stride Jump	Begin in a standing position, jump legs astride and arms outwards to shoulder height, bring legs back together and arms by your side. 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		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		