

Fitness Program for Primary School Children



Bent Knee Push Up (Upper body and chest) **12 times**

- Keep your upper body and your thighs in a straight line
- Bend elbow until 90° when you press down
- Breathe in when you press down, breathe out when you push up

Coach/Training partner: the child can shift his body weight on to one hand, while the other hand touches Coach/Training partner's palm.



Curl Up (Abdominal Muscles) **15 times**

- Lie on your back as the starting position
- Bend knees at 90°
- Breathe out as you curl up with fingers touching the knees
- Breathe in when you return to the starting position

Coach/Training partner: press on the child's feet.



Lunge Forward (Thighs) **15 times**

- Stand with feet shoulder width apart
- Move right leg one big step forward with the knee bent, and then return to the starting position
- Move left leg one big step forward with the knee bent, and then return to the starting position

Coach/Training partner: stand in front of the child and keep a certain distance. The child lunges forward to touch Coach/Training partner.



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Alternate Back Extension (Lower Back) 15 times

- Lie on your front as the starting position
- Breathe out as you lift your right hand and left leg
- Breathe in when you return to the starting position
- Breathe out as you lift your left hand and right leg . (Repeat by alternating hand and leg)
- Start with a standing position to reduce the intensity



Coach/Training partners: half squat and hold hands out to let the child touch Coach/Training partner.

Sideway Bent (Flank muscles) 12 times

- Bend knees sideways to the direction of the trunk stretch
- Raise your arm overhead and bend to the waist
- Exhale as you stretch, and inhale when back to the standing position
- Arm fully stretched and straightened as one rep



Coach/Training partners : face-to-face with the child and practise together

Leg Abduction (Lateral Thighs and Hips) 10 times

- Start with a standing position. Extend the arms to the side, so that they are positioned evenly with your shoulders
- Lift right leg to the side and then return to the standing position. Lift left leg to the side and then return to the standing position. Repeat the exercise.



Coach/Training partner : face-to-face with the child, hold hands and practise together.

Pelvic Tilt (Lower Back and Hips) 12 times

- Lie on your back with knees bent at 90°
- Raise your hips slightly until the upper body and legs are in line
- Inhale as you raise the hips
- Exhale as you lower the hips



Coach/Training partner : Place hand above the stomach of the child. The child's stomach touches Coach/Training partner's hand when raising the hip

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Chinning (Lateral Upper Back and Biceps) **10 times**

- Coach/Training partner stands astride facing the child with the child lying on the floor
- Coach/Training partner and the child grasp their wrists tightly together
- The child pulls up his / her body until his / her elbows flex at least 60°
- Inhale when pulling up
- Exhale when lowering down