



Get Set 4 P.E.

Chair workout

What you need: One chair per pupil.

How to play:

Pupils move their chairs back from their table and complete the following exercises.

- **Squats** : sit on chair and stand x 20
- **Leg extensions** : Place ankles together, hold onto the sides of the chair. Raise your feet to 180 degrees. Bend and straighten your legs x 20
- **Lunges** : Stand and hold on to the back of the chair. Lunge by stepping backwards alternating feet x 20



Repeat