

# SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
<b>Squat jumps</b>	<ul style="list-style-type: none"> <li>• Start with shoes shoulder width apart</li> <li>• Lower into a squat position</li> <li>• Use the arms to jump up</li> <li>• Land with soft knees and push the hips back to land in a squat position</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Perform squats without the jump</b></li> </ul>
<b>Ski jumps</b>	<ul style="list-style-type: none"> <li>• Start with the shoes together</li> <li>• Jump sideways back and forth over an imaginary line</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Perform slower</b></li> </ul>
<b>Shuffles</b>	<ul style="list-style-type: none"> <li>• Start with the shoes staggered, one forward and one back</li> <li>• Keep the chest up</li> <li>• Pump the arms</li> <li>• Shuffle the shoes swapping front and back</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Step one foot back and forward again, and repeat with the other foot</b></li> </ul>
<b>Lateral lunges</b>	<ul style="list-style-type: none"> <li>• Start in a central standing position</li> <li>• Keep the chest up</li> <li>• Step out to one side</li> <li>• Bend the knee and push it out</li> <li>• Load weight over the bent knee</li> <li>• Push back into a central position</li> <li>• Repeat on the other side</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Take a smaller step to the side, but ensure that weight does not go beyond the knee</b></li> </ul>