



Chair Exercises

Quick, easy and inclusive – chair exercises
Demonstrate School Games values of Determination and Teamwork



Is it raining cats and dogs but you still have SOOOO MUCH ENERGY to burn off?

▶ Put on some music and try this!

**CHAIR
EXERCISES**



Sitting in your chairs, choose 4 of the below exercises. Do each one for 20 seconds with a 10 second rest. Then repeat for a second set!



Roll your arms round quickly, first twisting to the left and then to the right.



Alternate lifting your knees as quickly as you can.



Clasp your hands in front of you as above and twist from left to right.



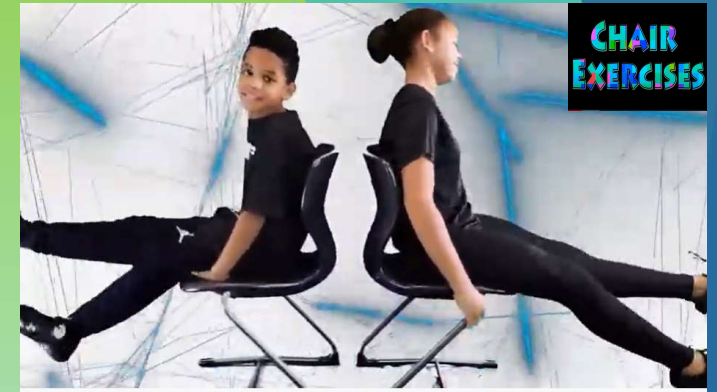
Stand hovering over your chair with your arms out in front of you. Can you last 20 seconds?



Bicep curls using both arms at the same time. Curling in and out.



One Ups! Alternate pointing your fingers up over your head.



Flipper feet. Legs out in front and flipper up and down.



Toe, Toe, Heel, Heel. Tap your left toes, then right toes, then left heel, then right heel on the ground as fast as you can.



The Cabbage Patch. This hip hop move involves twisting your arms round in a circular motion as if you are stirring a big cauldron.

If you wanted to add a competitive element to this you could try?

- ▶ Who can hover over their chair for the longest?
- ▶ Who can flipper feet for the longest without stopping?
- ▶ Who can roll their arms for the longest without resting?

