

## Erasmus+ "Health is wealth" Classroom Fitness

### Single moves

Here are some example moves that you can do on your own.

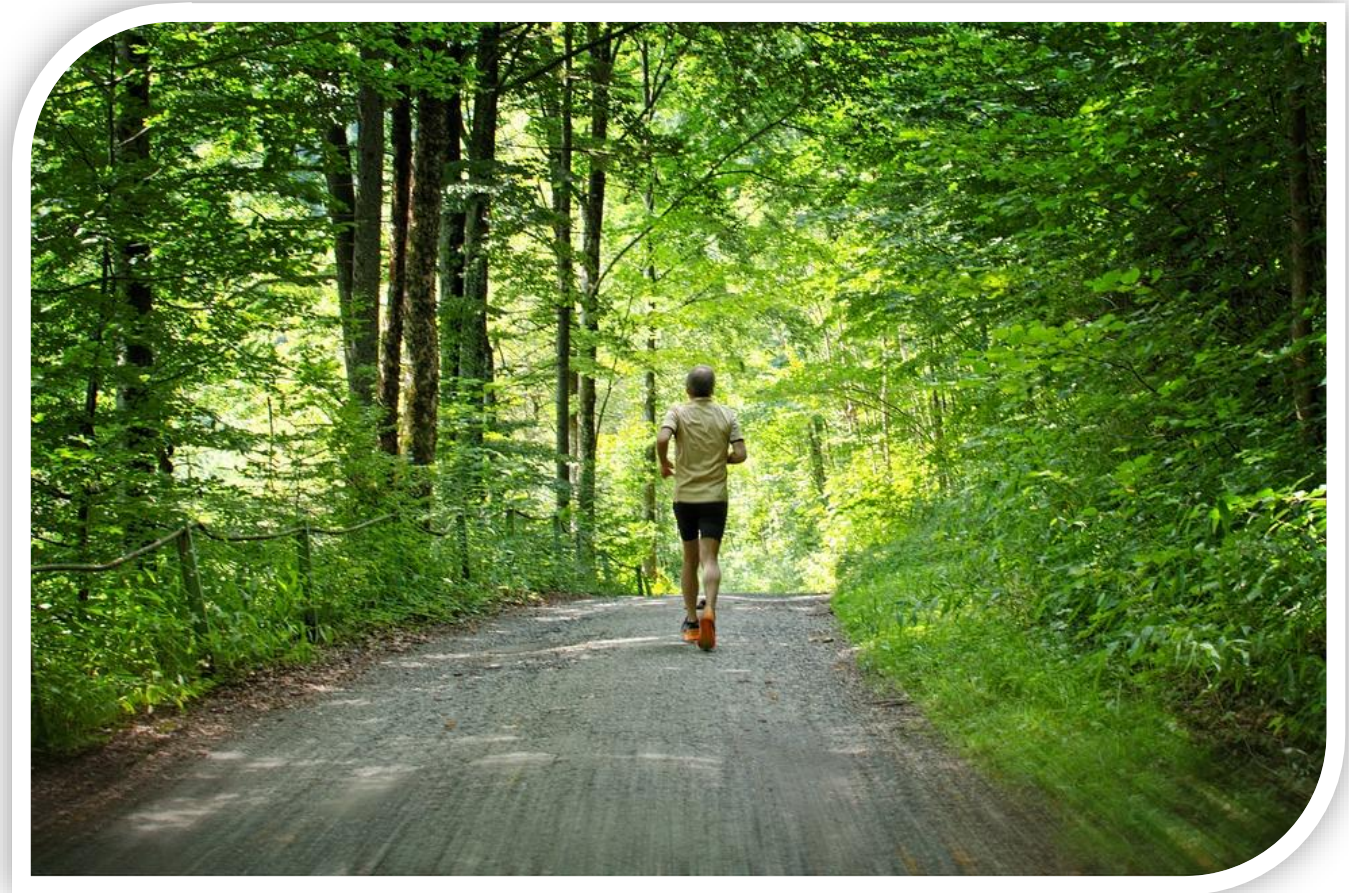
## Group 1 : Anna, Maja and Tilda



## Warmup

### Jogging

1 min. on your place



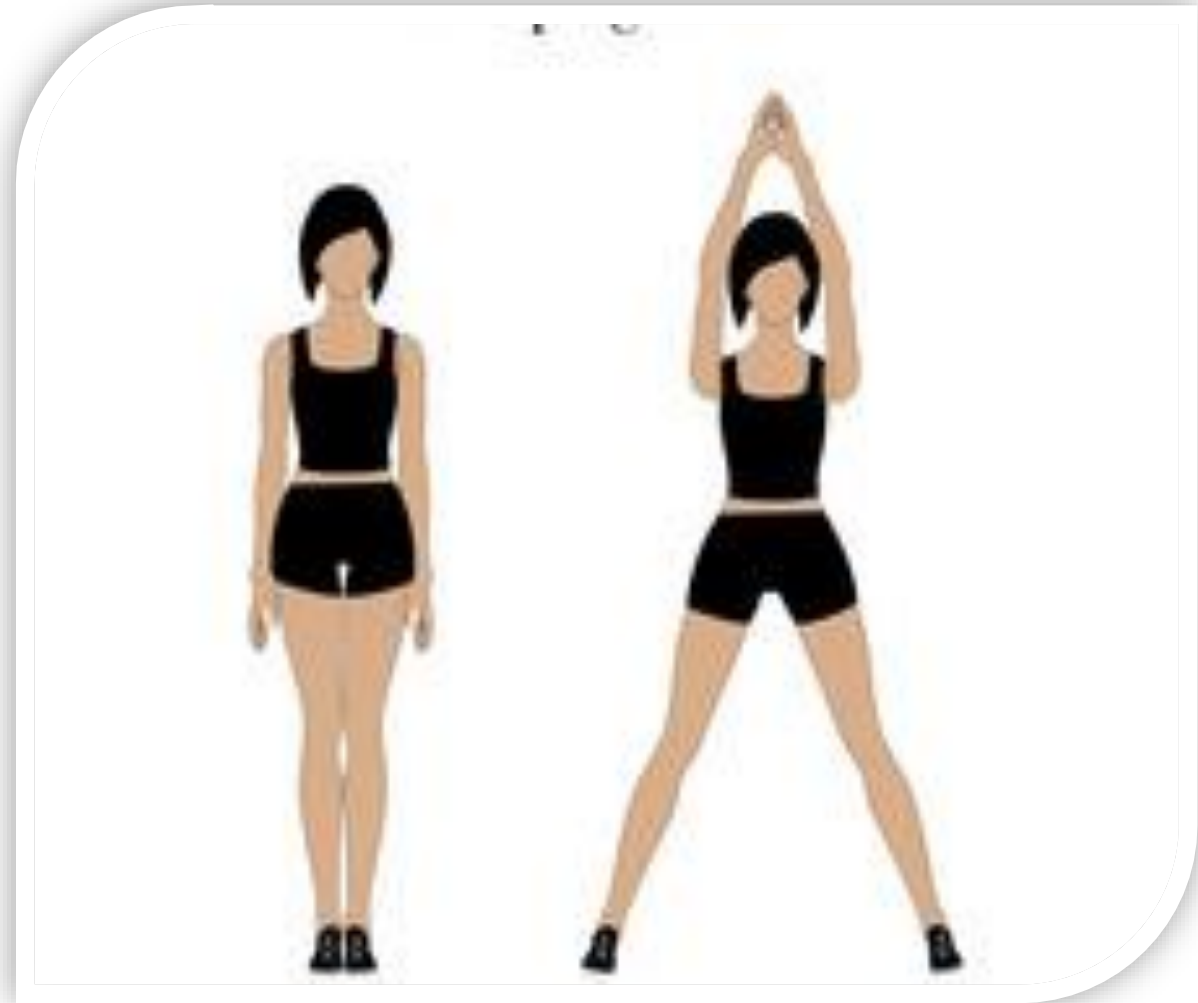
## Jumping

Jump from the ground into the air 5 times.

You can also squat down, touch the ground and then jump up. Do this 10 times.



# Jumping Jacks





## Squats

Keep your back straight and your core tense as you slowly bend your butt downwards. The knees point outwards and do not buckle. When you stand up, press your feet into the ground, your torso remains stable and your back straight.



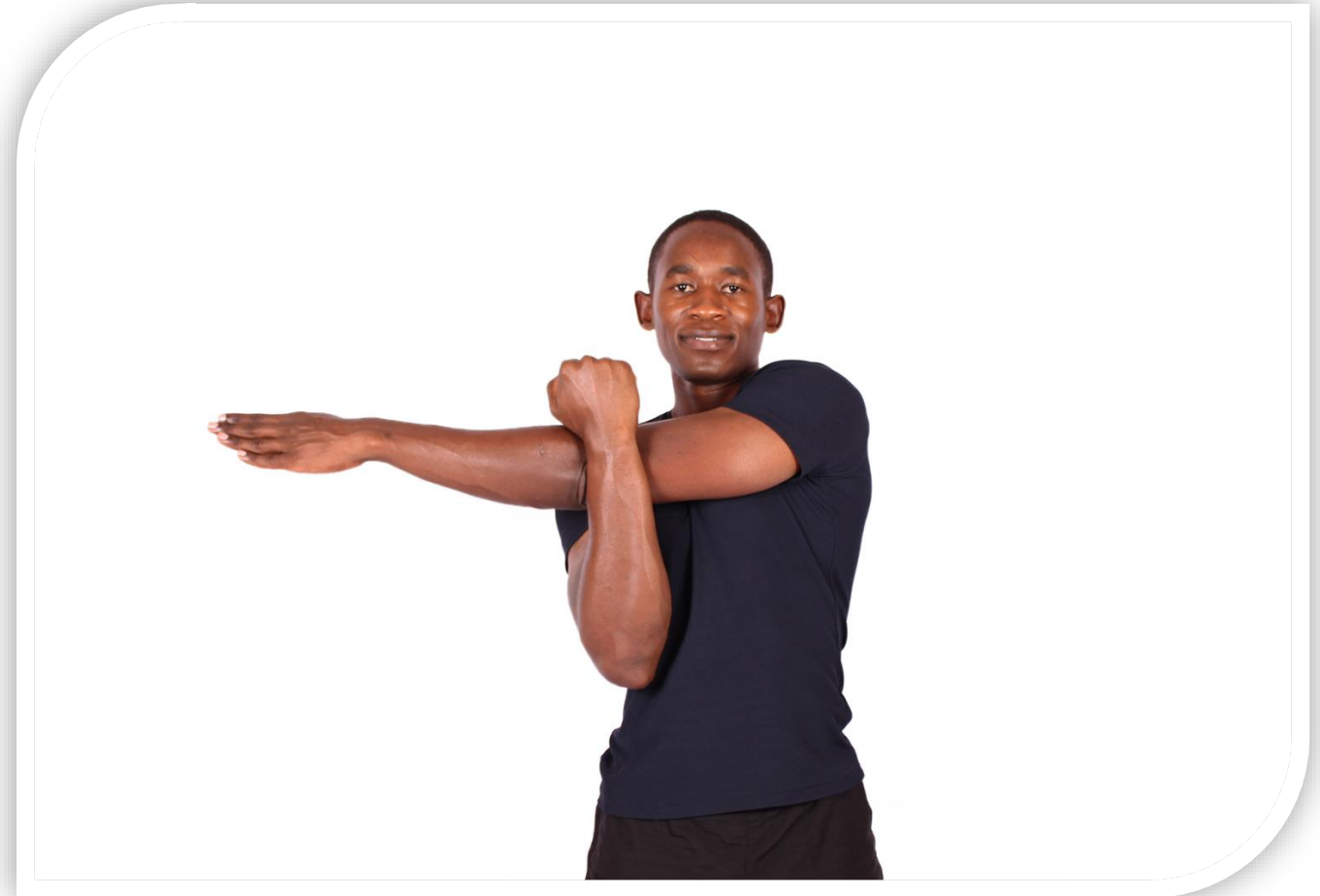
## Shoulder Stretch

Bring one arm across your upper body and hold it straight.

Grasp the elbow with the other arm and gently pull toward your chest.

Hold for 10 to 20 seconds and repeat on the other side.

Do this on each side 5 times.





# Group 2 : Sophie und Anni

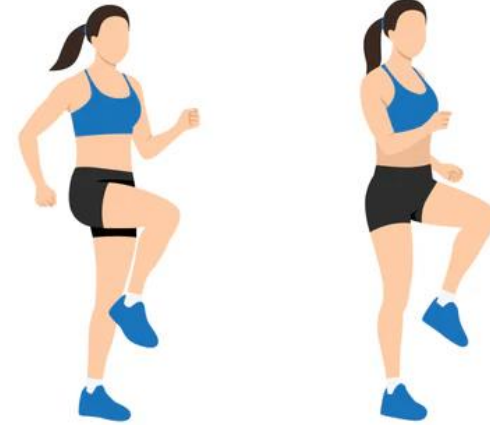




# Run in place

First, stand up and push your chair to your desk, stand behind your chair, stand upright and start running, but stay in your place

## 30 seconds



# Jumping Jacks

Start in an upright position with your feet together and let your arms hang down. With a jump and slightly bent knees, jump into a small straddle, at the same time bringing your arms together above your head. Return to the starting position by jumping again.

10x



# Side Lunge

When doing side lunge, you start in the normal starting position. Now you take a big step to the side instead of forward. Your feet remain aligned parallel to each other. The tips of your toes point forward in the direction of your gaze.

5x left

5x right



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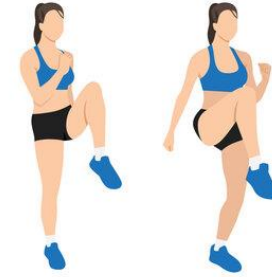




# Skipping

When doing high knees, it is important that you continually raise your knees up to hip height. Also make sure to keep your back straight, stick out your chest and tighten your abdominal muscles.

10x



# Squat

Knees and hips are stretched. The feet are shoulder-width apart and point slightly outwards at an angle of about 20 degrees. Now squat down by bending your hips and knees and lowering your buttocks towards your heels.

## 10x



# Cross crawls

Pull your left knee up and touch it with your right elbow or the right hand. Then do the same with your right knee and left arm. Do this exercise slowly at first. You can then increase and vary the pace



10x





# Heel Touches

When heeling, try to touch your buttocks with your heel while walking loosely. The forward movement is small. The upper body is slightly more in position than during “normal” running. Make sure that your hips are “extended” and that you touch down with your forefoot.

# 10X





# Group 3 : Valentina and Oona



# Side lunge

First you stand straight, then you put your left leg on the side, then you stand straight again and then you put your right leg on the side

Ten times to the left and ten times to the right



# Lunge

You stand at first, then you put one of your feet as far back as possible and put the other knee in the front, then switch and do this multiple times.

Ten times with the left knee and ten times with the right knee



# Plank

First you go into the push-up position then you support your forearms on the floor and hold it for 1 minute



# Butterfly

Sit on the floor with your knees bent, and your feet flat on the floor. Bring the bottom of your feet together and move your legs up and down.

10 times up and 10 times down





# Jump side to side

Keep your legs together and jump from left to right

10 times to the left and 10 times to the right

