

🟡 HOME TASKS – GROUP 2

Intermediate | approx. ages 8–14

Goal: 20-40 minutes per session

How often: 2–4 times per week

Mission: Complete 3-5 of these fun moves each session!

Always do a quick stretch before you start, and after each exercise 🌟

- Touch your toes → hold 10 seconds
 - Shake out those legs → 10 seconds
 - Big arm circles → 10 each way
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1. Skipping (Jumprope Magic!) 🏃

2× per week

- Do **100 skips (repeat 2 times if capable)** or **3-4 minutes** (take quick 10–20 second breaks if needed)
- **Easier version:** Just bounce without a rope!
- **Tips:** Keep jumps low (feet < 8 cm off ground), land lightly

Want a challenge?

Aim for 25/50/75/100 skips in a row

2. Hopping (One-Legged Adventure!) 🐰

2× per week

- **40 hops left leg + 40 right leg**, repeat ×2 (40 each foot total)
- Hold arms out for superhero balance
- **Easier version:** Smaller hops, not too high/far
- **Tips:** Soft landings, stay bouncy

Want a Challenge?

Increase the amount of hops

Hop around the room

Hop back and forward/side to side over a line

3. Crossover Steps (Quick Dance Feet!)

(YouTube this one - "Crossover Step Zac Cupples" 1:04 video)

2× per week

- **30-40 crossovers**, repeat ×2
- **Tips:** Master the rhythm first, then speed up — stay low with bent knees

Want a challenge?

Try slightly bigger distance between lines

4. Plank (Superhero Hold!)

3× per week

- Hold **1-2 minute**, repeat ×2
- **Tips:** Body straight like a pencil! Engage abs and glutes for stability
- **Easier Version:** Drop to knees if needed

Want a challenge?

Switch smoothly from hands → forearms (hand version)

Shoulder taps

5. Balance (Flamingo Stand!)

Single-leg balance

- **1 minute each leg, repeat ×2**
- **Tips:** Soft knee, eyes forward, small hops to save yourself if wobbly
- **Easier version:** Keep something nearby to grab

Want a challenge?

Toss & catch a ball against the wall while balancing!

Increase time balancing

6. Push-Ups (Super Strong Mode!)

3× per week

- **5-10 push-ups**, repeat ×3 (20–30 sec rest) — do more if you can!
- **Tips:** Body straight like a pencil
- **Easier version:** On knees, or start with hands on a table

Want a challenge?

Go for 10/20/30 in a row

Shoulder taps

7. Wall Rally (Foam Ball Fun!)

Requirements: Tennis Racket & Foam Ball
(all available from our Pro Shop)

3× per week

- **Hit against a wall**
- **Volley against a wall**
- **Tips:** Don't smash it! Gentle hits
- **Easier version:** Roll along ground or just throw & catch

Want a challenge?

Aim for 10/20/30 shots in a row

8. Keepie Uppies (Tennis juggling!)

Requirements: Tennis Racket & Ball

3× per week

- **Tap ball on racket without hitting the ground**
- **Tips:** Don't hit hard! Gentle taps

Want a challenge?

Aim for 20/50/100 in a row

Move around at different directions while keeping it up
