



VIRTUAL SPORTS DAY 2020

KEY STAGE 2

What ?



WALL SIT!

You Will Need:

» Flat Wall

Why ?



- Children can explore how to balance
- Children can hold a basic shape that has been shown to them
- Children can show control and tension when performing static balances

How ?



- ① Stand with your back pressing against the wall
- ② Slide downward into the squat position until your knees are at a 90°
- ③ Keep your feet flat and hamstrings parallel to the floor
- ④ Record how long that you can maintain this position before losing your shape (e.g. 1 minute 15 seconds should be recorded as 75 seconds)

#HavingFunSafely

