

The Stand Up Sit Down Challenge!

Children and adults, alike, could all benefit from a stronger core. A strong core not only impacts our physical achievement but is also important for balance and stability.

Aim of the Challenge

The aim is to sit down on the floor and stand up again without placing our hands or knees on the floor.

Step One: First identify what stage you and your children are at:

Stage 1 – Sit down and stand up using hands and/or knees.

Stage 2 – Sit down and stand up with ankles crossed without using hands and knees.

Stage 3 – Sit down and stand up without crossing ankles (you will need to roll back when seated to create a momentum to stand up).

Step Two: Next, try sitting down and standing up a few times a day. You can also do other fun activities to strengthen your core such as pretending to be a boat or a bridge.

The Boat

Sit on the floor with your feet flat on the ground,

Pull stomach in tight and keep back straight,

Put hands on the floor behind your bottom,

Lift feet off the ground (the lower and the straighter your legs the harder it will be),

If you can, lift your hands off the floor and hold them straight out in front of you,

Hold the position for a short while.

The Bridge

Lie on your stomach,

Raise yourself onto your toes and your elbows or hands,

Try keep your whole body in a straight line (keep your bottom in line with the rest of your body).