**Title: bootcamp alphabet**  
  
**Type: warming up**  
  
**Lesson Goal:** **bootcamp exercises**

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| **Instruction** | **Differentiation options** | **Extra info** |
| Bootcamp alphabet  A: 24 x squat  B: 19 x sit up  C: 30 sec planking  D: 53x jumping jacks  E: 22x lunges  F: 18x dips  G: 20x superman  H: 10 burpees  I: 15x push ups  J: 3 run rounds  K: 51x mountainclimbers  L: 30 sec wallsit  M: 3x left and right at the climbing wall  N: 41x bicycle crunch  O: 20x jump squat  P: 30x jumping jack  Q: 30 sec rest  R: 20x frog jumps  S: 38X high knees  T: 33x crabwalk  U: 20x leg raises  V: 1 ronde bearwalk  W: change lettter with friend.  X: 36 sumo squats  Y: 75x dribbelen and boksen  Z: 59x rope jumping | Students with large names can choose max of 6 exercises | Make sure you explain the exercises correctly in a way there won’t be injuries. |
| **Field set-up:**  **5 times plastic covered alphabets.** | | |
| **Link to support/assessment document** | | |

**Additional pages if necessary:**