**Title: bootcamp alphabet**

**Type: warming up**

**Lesson Goal:** **bootcamp exercises**

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| **Instruction** | **Differentiation options** | **Extra info** |
| Bootcamp alphabet A: 24 x squatB: 19 x sit upC: 30 sec plankingD: 53x jumping jacksE: 22x lungesF: 18x dipsG: 20x supermanH: 10 burpeesI: 15x push upsJ: 3 run roundsK: 51x mountainclimbersL: 30 sec wallsitM: 3x left and right at the climbing wallN: 41x bicycle crunchO: 20x jump squatP: 30x jumping jackQ: 30 sec restR: 20x frog jumpsS: 38X high kneesT: 33x crabwalkU: 20x leg raisesV: 1 ronde bearwalkW: change lettter with friend. X: 36 sumo squatsY: 75x dribbelen and boksenZ: 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:**