Building Fitter Futures
It's not rocket science

A physical education celebrating, embracing and building fitness in every child.

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The Gymrun Story

Gymrun invites you to think differently about children's fitness. It has been in operation now for eight years. You will see in the community comments in this text the Gymrun ambassadors are making a powerful and evidenced impact.

So what exactly is Gymrun, and how did it begin?

My Mum trained as a primary school teacher. My Dad began his career as a PE teacher and Head of PE. I completed a degree in Exercise and Sports Science at St Luke's College, Exeter University and a PGCE in Secondary PE at Bath University.

Between 2001-2010, I worked as a PE teacher and Head of PE in three Secondary Comprehensive Schools. I had a year as a Personal Trainer before taking up a fantastic teaching position as Director of Sport at St Paul's Juniors.

With experience of building transformative change in both state and independent schools, I set up Gymrun in 2016. I recognised the impact of improved physical fitness within and beyond PE and I wanted to impact more schools in this area.

Physical fitness must be for every child, particularly those less active and less physically competent. Inclusive and purposeful, the focus of Gymrun is on an age span in childhood when many lasting physical self-perceptions can be formed.

Gymrun is a physical education celebrating, embracing and building fitness in every child. Its two core elements are the Gymrun Tracker with Fitness Award Badges and the Gymrun Curriculum.

From rural villages to the centre of London to international schools, with from 25 to 1,700 children on roll, I have taught Gymrun in more than 80 primary and junior school settings. I have also taught Gymrun to groups of children with complications from excess weight in a clinical setting within the NHS.

I continue to teach Gymrun every week in schools and the NHS to this day.

Mike Weeks
Director of Gymrun
BSc(Hons). PGCE(PE). CIMSPA Level3PT.

Chapter 1:
A physical education

In this first chapter, we consider the place of physical fitness within the bigger picture for PE, sport, physical activity and play. We then set out how to build a Gymrun culture within the school setting.

'Teaching physical activities is unique in that its developmental focus always activates as primary goals the physical & cognitive channels.'

Mosston & Ashworth 2008.

Valuing Physical Fitness

Developing the whole child through PE

The subject of PE supports the development of essential life skills in children that reach far beyond physical learning.

PE can be a personal, social, emotional, cognitive, creative and a physical education. Each school PE curriculum offers a balance of these areas. There will be variations in this balance, based on the contextual needs of different school communities.

Good PE lessons facilitate this broader holistic development, while focusing on specific areas of learning. We propose Gymrun as a distinct element of a school's wider PE curriculum to ensure the progression of every child's fitness and physical development.

Individual variations of ability and fitness across the entire school population are then accommodated, making the PE curriculum fully inclusive and accountable.

Mission – Building Fitter Futures

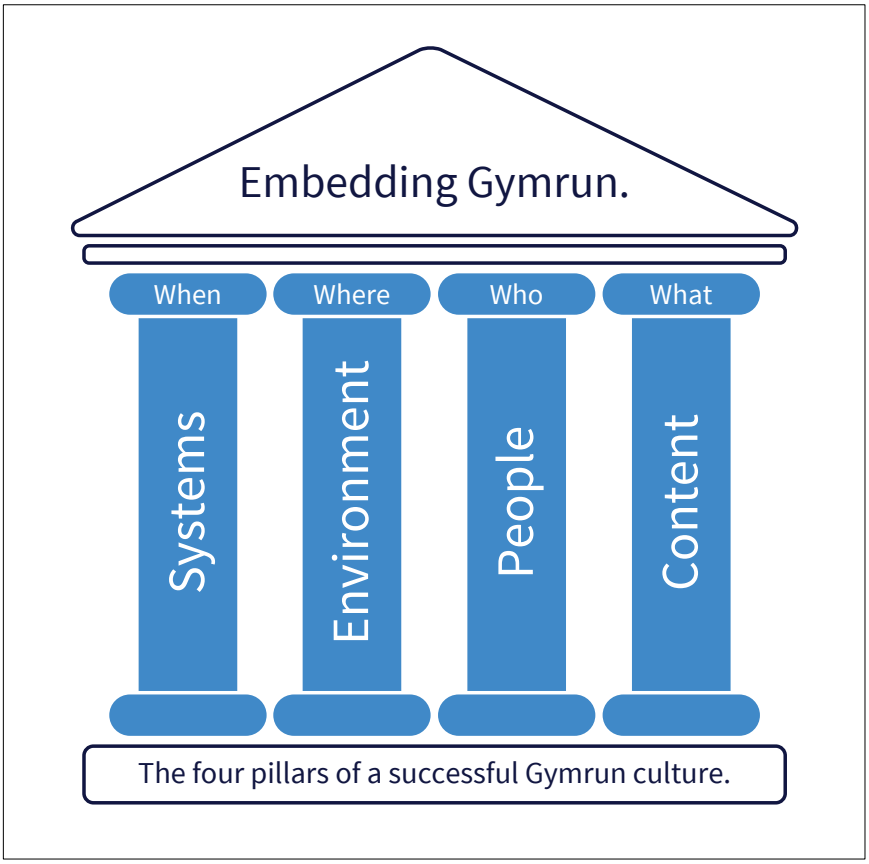
What makes PE unique is its capacity to stretch and challenge every child in the physical and cognitive domains. When we distil the physical to its most basic form, we expose the different areas of fitness.

As well as supporting PE, sport, physical activity and play, improving fitness levels will provide significant long-term support to education and school leadership, the health industry and the economy.

Using Gymrun, by the age of eleven, we want more children to be able to:

- Move with increasing speed and agility
- Engage their core muscles
- Support their bodyweight
- Squat and jump with increasing power
- Run or jog for an extended time without tiring

Embedding Gymrun



Most of the answers we seek for Gymrun, and for PE more broadly, lie inside the school gates within four cultural pillars.

A common assumption has been that if the content of Gymrun is relevant and appealing this program will be effectively maintained. We have learned the importance of addressing each of the above cultural pillars and in the order shown.

There will be challenges for individual schools in relation to each of these four pillars. There needs to be sufficient investment in Gymrun to overcome these challenges.

St Paul's Juniors – Embedding Gymrun

'A different energy and sense of purpose amongst the team today. Every PE lesson began with an intro to Gymrun, in turn explaining our why. Powerful. Every classroom in the school had a Gymrun poster stuck up next to safeguarding. Fitness is key to safeguarding pupils. Gymrun assessments have been scheduled for next week. For all year groups. Scorecards placed on every desk. Trying hard to stay true to two phrases… this means more, so it matters that, we adopt excellence in all we do.'

Gwyn Page. Director of Sport.

Systems – When Gymrun should take place

Most Gymrun Schools implement the Gymrun Tracker twice each year. The best approach is to confirm Gymrun Tracker weeks in the PE/School calendar at the beginning of the academic year.

The Gymrun Curriculum operates as a continuous movement session throughout the year or as a more discrete fitness-based unit of work.

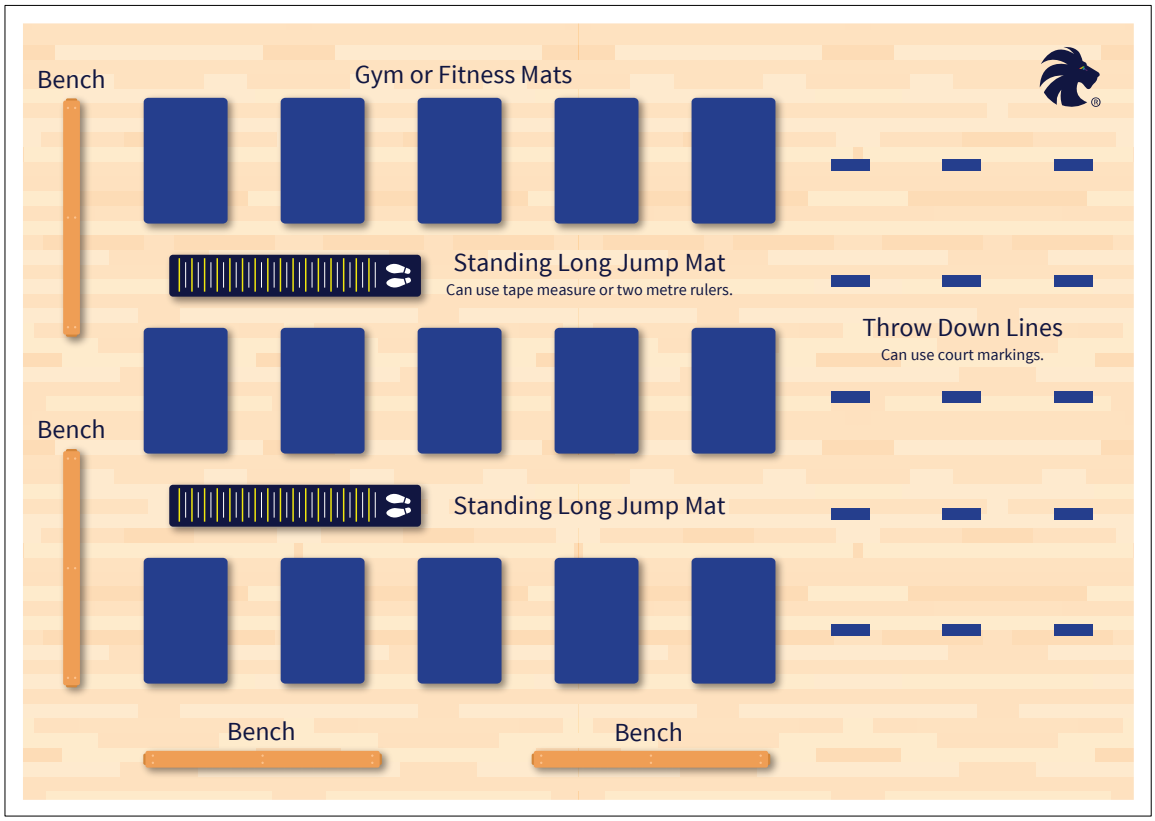
Environment – Where Gymrun should take place

Gymrun was set up to work in all school settings.

We acknowledge the importance of children spending time outside, and the opportunity PE lessons present for children to be outside. This outside time needs to be balanced against the advantages of the improved listening skills and focus that children can show inside, and of utilising gym or fitness mats and benches.

The preferable environment for Gymrun is a hall with mats and benches, and a suitable space to run measuring 15 x 15 metres. During the summer months, Gymrun can take place on playing fields and all-weather surfaces. Gymrun can also incorporate indoor apparatus and outdoor play equipment.

Example Small Hall Set Up – Gymrun Tracker



People – Who should deliver Gymrun

Supporting staff to understand the Gymrun philosophy and feel confident in their delivery is key to effective implementation.

Staff delivering the Gymrun Tracker must have received Gymrun Accreditation. This accreditation process involves observing a Gymrun Tracker session and completing a short follow up workshop. This process is adapted for International Schools.

Gymrun Curriculum training is available and recommended.

We have seen a greater long-term impact in Gymrun Schools in which there are designated PE teachers with subject leadership time.

When a deep and longitudinal relationship with Gymrun is established by Schools, this program will transcend changes to personnel and leadership.

Content – A definition for Gymrun

Gymrun is a children's fitness program and award badge system.

The Gymrun Tracker uses five challenges and award badges to measure, understand and celebrate fitness development in every child. Using the Gymrun Tracker children are encouraged to think critically and reflect on their own and others' performances.

The Gymrun Curriculum explores functional movements within Fitness, Gymnastics, Athletics and Yoga. It deepens children's exposure to and development across multiple areas of fitness.

Chapter 2:
Celebrating fitness

In Chapter 2, we introduce the Gymrun Tracker as a tool to measure, understand and celebrate fitness in every child. We link average fitness scores into a wider data picture and a simple fitness vision for schools.

'Assessment precedes improvement.'

Rajen Jani

Engaging Every Child

Gymrun Tracker

The Gymrun Tracker was set up to support children in Years 3-6 – an age span in childhood when many lasting physical self-perceptions are formed. It can be used in middle and senior schools, and in wider fitness and sports settings.

Utilising older children in a fitness leadership role, the Gymrun Tracker can also be used with classes in Reception to Year 2. This informs primary and junior schools on every child's fitness and physical development from the age of five onwards.

During the Gymrun Tracker experience, children have opportunities to:

- Better understand their personal fitness and health
- Develop resilience and cooperative skills
- Celebrate achievements and deal with failure
- Embrace physical challenge and personal competition

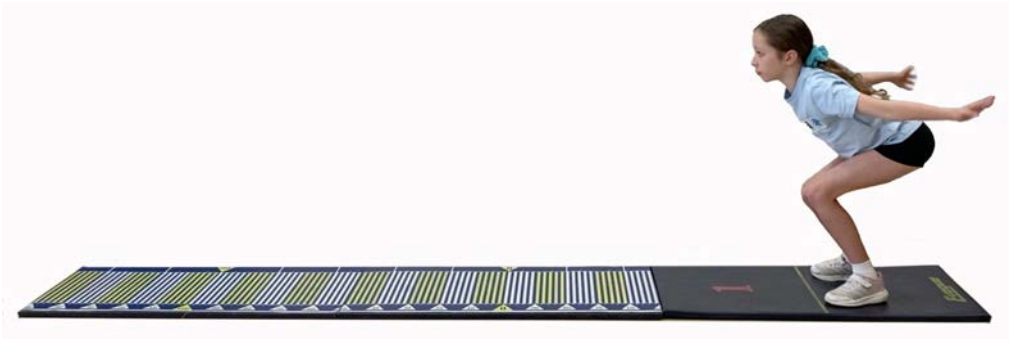
The Gymrun Tracker uses five challenges and award badges to measure, understand and celebrate fitness development in every child. Using the Gymrun Tracker children are encouraged to think critically and reflect on their own and others' performances.

Five Challenges

1. Line Speed Bounce
30 seconds

2. CrossFit Sit Up
60 seconds

3. Straight Leg Dip
60 seconds



4. Standing Long Jump

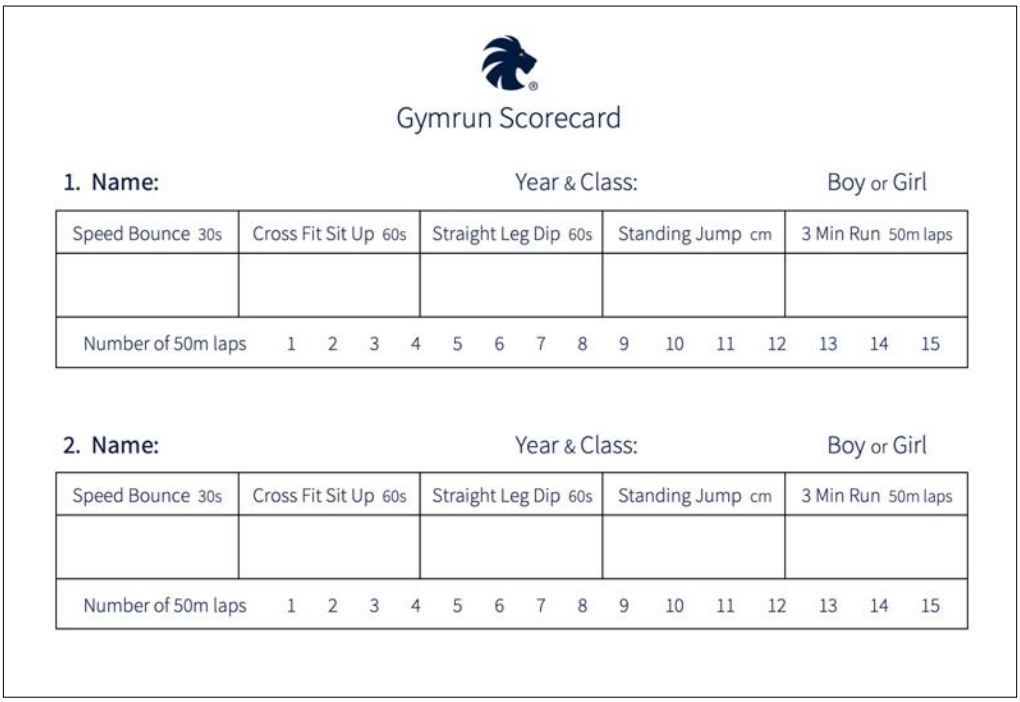
Centimetres

5. Three Minute Run

50m Laps

Each challenge can be adapted to accommodate specific learning needs.

Data Collection



Gymrun Scorecard

1. Name: Year & Class: Boy or Girl

Speed Bounce 30s	Cross Fit Sit Up 60s	Straight Leg Dip 60s	Standing Jump cm	3 Min Run 50m laps

Number of 50m laps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

2. Name: Year & Class: Boy or Girl

Speed Bounce 30s	Cross Fit Sit Up 60s	Straight Leg Dip 60s	Standing Jump cm	3 Min Run 50m laps

Number of 50m laps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Data collection can be completed electronically using IPads, etc to reduce time.

Data Processing

Fitness scores are calculated from the raw fitness data, using the Gymrun algorithm.

Class	Name	Bounce	Sit	Dip	Jump	Run	Level
		1	4	0	0	1	1.2
		2	2	4	0	0	1.6
		2	3	1	1	1	1.6
		4	3	4	1	0	2.4
		4	3	3	2	1	2.6
		4	4	2	2	2	2.8
		4	5	4	2	1	3.2
		4	4	4	2	3	3.4
		5	3	4	4	3	3.8
		5	5	4	3	2	3.8
		4	6	4	2	3	3.8
		4	5	4	3	3	3.8
		4	5	4	4	3	4.0
		4	5	5	3	3	4.0
		4	5	5	4	3	4.2
		6	5	5	4	2	4.4
		4	8	3	3	4	4.4
		6	5	4	4	5	4.8
		5	8	4	4	3	4.8
		6	6	6	4	3	5.0
		4	8	5	5	3	5.0
		6	5	7	5	3	5.2
		5	8	6	4	4	5.4
		5	7	6	5	5	5.6
		4	7	8	5	4	5.6
		7	7	8	5	2	5.8
		7	8	6	4	4	5.8
		8	8	6	6	4	6.4
		6	7	8	7	4	6.4
		6	8	8	6	5	6.6
	Average	4.7	5.6	4.7	3.5	2.8	4.2

Example Class Data

Award Badges

The inspiration behind the Fitness Award Badge system was drawn from my own childhood memories of award badges in Swimming, Gymnastics, Football and more. I also remember well, in my last full-time teaching role, the elevated status felt by those children receiving school colours badges.

Age 4-11

Age 11+

Bridge Badge System

The bridge badge system was first developed for the Gymrun NHS Program, supporting children with complications from excess weight. It can also be used to support SEND children in all school settings.

Evidencing Impact

Average Fitness Score

1.0 2.0 3.0 4.0 5.0 6.0 7.0 8.0

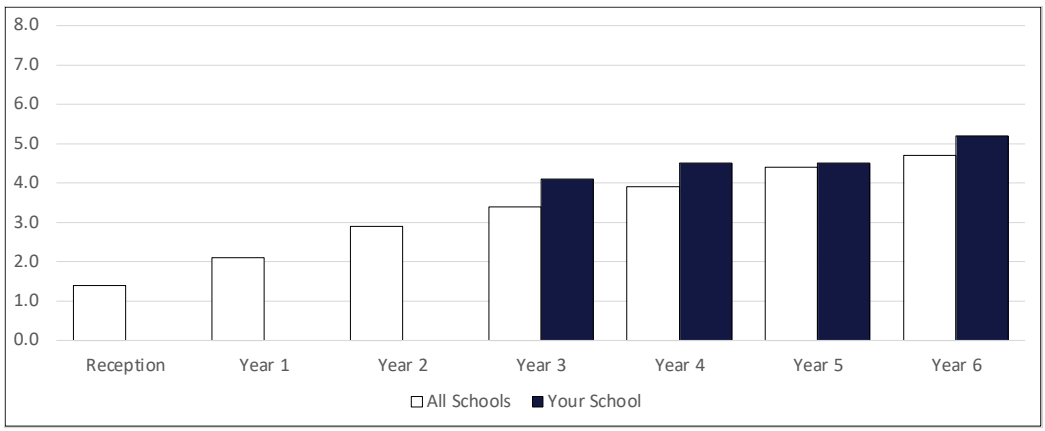
Every child, class and year group's Average Fitness Score (AFS) will map onto an award badge, from red to pink.

Year 3	Year 4	Year 5	Year 6
3.4	3.9	4.4	4.7

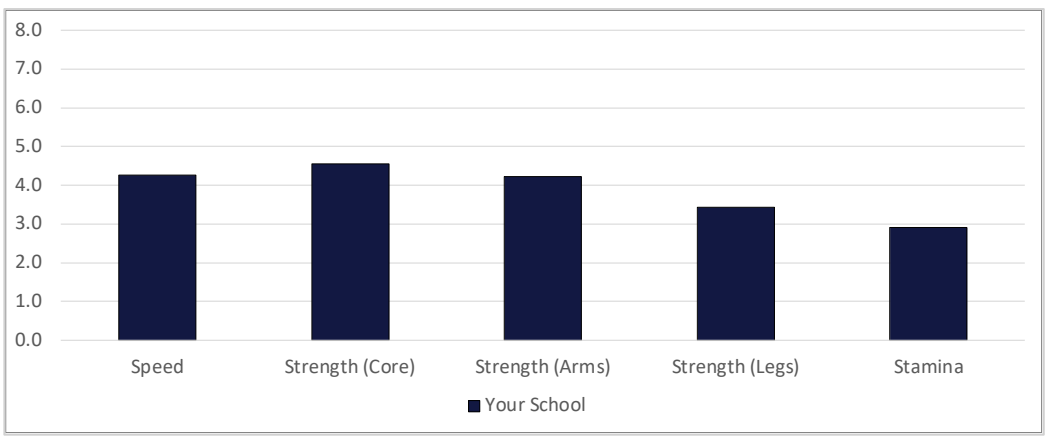
AFS. All Gymrun Schools. Source: Gymrun Data 2024

Comparative Data

Comparing the AFS for 'Your School' with All Schools



Where 'Your School' can improve most



Example School. Source: Gymrun Data 2024

Our Vision – Increasing Blue by Eleven

The summative fitness level of Gymrun Schools can be conveyed through one overarching measurement – Blue by Eleven (BB11). This is the percentage of children who reach the light blue award badge or higher by age eleven. For all Gymrun Schools, the Blue by Eleven is 48%. Source: Gymrun Data 2024.

Newton Prep School. London – BB11 from 52% to 90% since 2018

'Our Gymrun Tracker weeks offer children a chance to push themselves, measure progress, succeed and reflect. Fitness levels have improved consistently. Through our Gymrun starter to each lesson, children have an awareness of the physical literacy toolkit they need to be successful in PE and Games going forward. Resilience is developed through personal reflection. Gymrun data acts as part of our reporting metrics to parents.'

Charlie Blair. Assistant Headteacher. Former Director of Sport.

Manorbrook Primary School. Bristol – BB11 from 41% to 78% since 2017

'Our Year 3-6 classes complete a 25 min. weekly Gymrun lesson. They learn a variety of exercises and are explicitly taught why these help to improve their overall fitness. The children love working towards the next badge and understand what they must do to get there. Termly assessments give me tangible data on how physically fit the children are. This allows me to track progress throughout each year group.'

Ross Williams. PE Lead. Year 6 Class Teacher.

Chapter 3:
Embracing fitness

Chapter 3 outlines a curriculum approach for deepening children's exposure to and development across multiple areas of fitness. This chapter supports teaching staff with more than 100 movement images.

'Physical fitness is the first requisite of happiness.'

Joseph Pilates

Curriculum Approach

Exploring Teaching Styles

A	Command	Copying	Teacher Led
B	Practice	Repeating & Improving	
C	Reciprocal	Performing & Peer-Assessing	
D	Self-Check	Self-Assessing	
E	Inclusion	Selecting	
F	Guided Discovery	Uncovering	
G	Convergent Discovery	Finding Out	
H	Divergent Discovery	Creating	
I	Learner Designed	Initiating	
J	Learner Initiated	Deciding	▼
K	Self-Teaching	Self-determined	Child Led

Adapted from Mosston & Ashworth's Teaching Styles

Mosston and Ashworth's Teaching Styles have often informed my own teaching. A range of pedagogical approaches can be explored in Gymrun. A shorter session may utilise more teacher led styles. A longer session may support more child led styles.

Gymrun Curriculum

The Gymrun Curriculum explores functional movements within Fitness, Gymnastics, Athletics and Yoga. It deepens children's exposure to and development across multiple areas of fitness.

In Chapter 4 we list 30 x Gymrun Curriculum session plans. These have been arranged into three sub sections: Fitness. Gymnastics. Athletics. Reference is made to elements of Yoga in the Balance & Flexibility episode in all sessions.

In a longer curriculum time of 50-60 minutes, teachers (and children) can create more personalised sessions using the available Gymrun Curriculum resource cards.

Time	Phase	Focus	Style
05-10	Warm Up	Speed & Agility	A-I
15-30	Dynamic	Core Arm & Leg Strength	A-I
05-10	Run	Stamina	B, E
05-10	Static	Balance & Flexibility	A-I

Gymrun Curriculum Suggested Session Format

Enhanced Curriculum

The below sessions can be incorporated into the Gymrun Curriculum at chosen times across the academic year.

Providing additional personal, social and emotional development opportunities, these sessions supplement the core fitness and physical focus of Gymrun.

Lesson	Description	Development
KS2 Tracker	Monitoring and understanding the fitness development of every child. Links directly to Fitness Award Badges. This is the unique feature of the Gymrun Program.	Resilience Cooperation Empathy
KS1 Tracker	Leadership opportunity for older children. Monitoring and understanding the development of younger children. Links directly to Fitness Award Badges.	Resilience Leadership Empathy
Games	Supporting intra and inter school competition. Relay races, in small teams or house groups, in which children complete selected Gymrun movements.	Resilience Cooperation Teamwork
Race	Inclusive longer running opportunity for every child. Children choose from more competitive race, less competitive race or run/walk for set amount of time.	Resilience Determination Self-Awareness
Apparatus	Children love to play and climb. Great end of term lesson. Safety as paramount. Competencies needed to use apparatus align closely with Gymrun skills.	Resilience Confidence Trust

Movement Images

Introducing Eira & Toby

Eira and Toby are two exceptional Gymrun Athletes. Eira is a Gymnast. Toby plays Cricket and Football. Both have a love for being active.

Using the Gymrun Program, Eira and Toby have been building fitness, physical literacy and resilience since they were in Year 3.

Speed & Agility

Spot Jogging

Stand tall. Shoulders relaxed. Core engaged. Feet hip width apart. Push through balls of feet in ‘jogging’ motion. Swing opposite arm and leg forwards in coordination.

Bouncing

Stand tall. Shoulders relaxed. Core engaged. Feet hip width apart. Push through balls of feet to ‘bounce’ off the floor. Keep both arms relaxed by sides.

Vertical Jumping

Feet hip width apart. Weight on balls of feet. Head still. Push from bent ankles. Then bent knees. Then bent hips. Firm legs at take-off. Swing arms upwards.

Speed Bounce

Feet hip width apart. Weight on balls of feet. Head still. Two footed bounce sideways over a line or cone. Stay tall. Use core muscles and arms for balance. Return.

Double Speed Bounce

Feet hip width apart. Weight on balls of feet. Head still. Two footed bounce sideways over one line or cone and then a second. Repeat two jumps in one direction and then in other direction.

Hops

Stand on one leg. Core muscles engaged. Bend standing leg and push through ball of hopping foot. Use arms for balance and to support upwards movement.

Star Jumps

Weight on balls of feet. Head still. Core muscles engaged. Push arms and legs outwards to land in a star shape. Arms and legs fully extended. Return to standing.

Turns

Weight on balls of feet. Head still. Core muscles engaged. Push from balls of feet while rotating head, body and arms. Quarter turn. Half turn. Full turn. Both directions.

High Knee Bounds

Weight on balls of feet. Head still. Double steps (skip on spot). Coordinate arms at right angles (hip pocket to eye socket). Introduce high knees taking knee above hip.

Arm & Leg Swings

Arms at right angles. Elbows tucked in. Shoulders relaxed. Swing arms ‘hip pocket to eye socket’. Coordinate arms with opposite high knee leg swing.

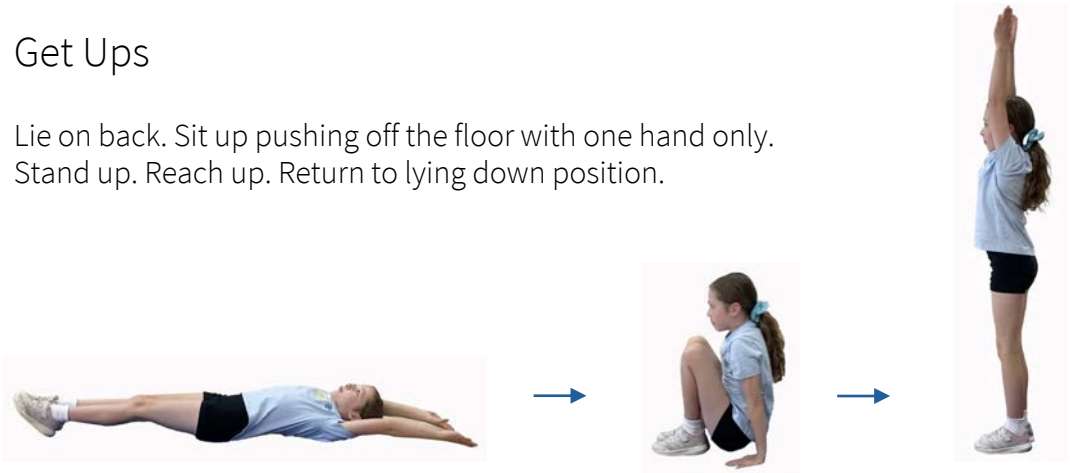
High Knee Toe Ups

Weight on balls of feet. Head still. Shoulders relaxed. High knees (walk/jog). Toes up (walk/jog). Coordinate arms with opposite high knee leg swing.

Core Strength

Get Ups

Lie on back. Sit up pushing off the floor with one hand only.
Stand up. Reach up. Return to lying down position.



CrossFit Sit Ups

Lie on back. Legs bent. Feet soles touching. Hands touching floor above head.
Relaxed shoulders. Sit up. Reach until hands touch floor in front of feet. Return.

Mountain Climbers

From Front Support position (see Front Support). Hands under shoulders. Straight line ankles to shoulders. Bring alternating knees to elbows under control.

Easier

Rock Back/Forwards

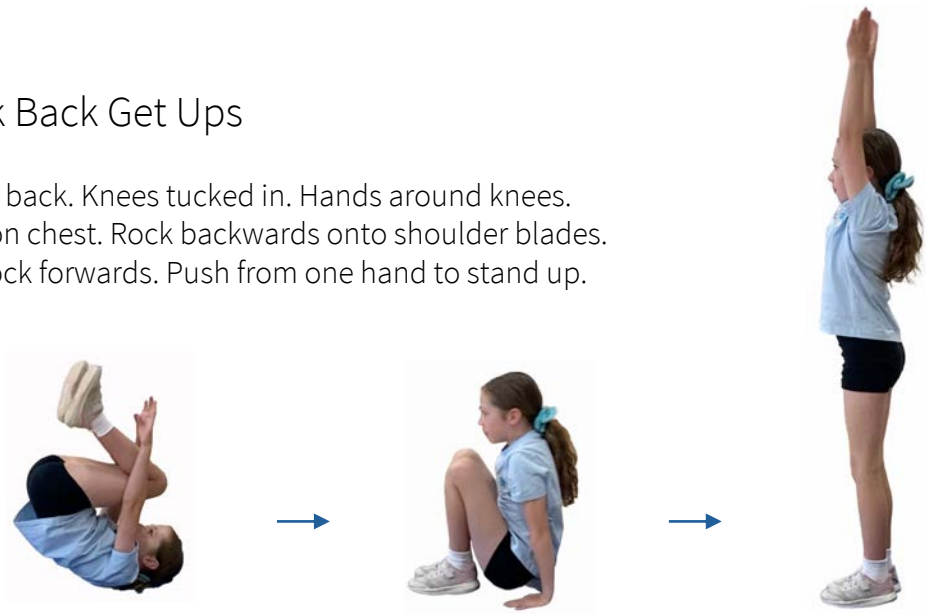
Lie on back. Knees tucked in. Hands around knees. Chin on chest. Rock backwards onto shoulder blades. Rock forwards until feet touch the floor.

Rock Sideways

Lie on back. Knees tucked in. Hands around knees. Chin on chest. Rock sideways until one knee touches floor. Stay tucked. Roll quickly. Return and roll the other way.

Rock Back Get Ups

Lie on back. Knees tucked in. Hands around knees. Chin on chest. Rock backwards onto shoulder blades. The rock forwards. Push from one hand to stand up.



Side Roll

Deep tuck position on front. Chin on chest. Arms around knees. Hold knees tightly. Roll sideways and quickly to make one full rotation. Roll back the other way.

Forward Roll

Deep squat/tuck position. Chin on chest. Hands contact mat shoulder width apart. Then upper back. Roll quickly in 'tuck' position to stand up.

Backward Roll

Deep squat/tuck position. Chin on chest. Hands above shoulders. Palms facing upwards. Roll upper back onto mat. Then hands shoulder width apart. Push through hands. Roll quickly in 'tuck' position to stand up.

Bicycle Crunches

Lie on back. Hands touching temples. Crunch upper torso forwards. Bend one knee to touch twisting opposite elbow. Return to straight leg/extended torso. Repeat on other side.

Lateral Shoot Throughs

From Bear Crawl starting position (see Bear Crawl). Lift one arm/shoulder upwards. Shoot opposite leg through to face same way as raised arm. Return to Bear Crawl. Repeat on the other side.

Arm Strength

Plank Twists

Front Support position (see Front Support). Core muscles engaged. Lift alternate hands. Swing alternating straight arms upwards. Allow body rotation.

Easier

Bench Dips

Sit on bench. Hands overlapping edges. Fingers forwards. Core muscles engaged. Shoulders relaxed. Arms straight. Slide off bench. Dip arms to 90 degrees. Return. Keep legs straight throughout.

Easier

Bench Press Ups

Front Support position. Hands on bench. Core engaged. Hips forward. Straight body. Chest to bench. Return to straight arms.

Easier

Bunny Hops

Deep squat/tuck position. Hands down outside of knees. Arms locked. Fingers spaced. Core muscles engaged. Feet close to hands. Transfer weight from feet to hands. Keep legs in tuck position.

Easier

Inch Worms

From standing position, bend to touch floor with both hands. Walk hands out into Front Support position (see Front Support). Walk hands back to feet. Stand up.

Shoulder Taps

In Front Support position (see Front Support). Take one hand off floor to touch opposite shoulder. Return hand to floor. Repeat on other side.

Leg Strength

Squats

Chest/head up. Straight back. Core muscles engaged. Keep heels on floor. Bend ankles, knees, hips. Pause when hips are below knees. Return to standing.

Frog Squats

Chest/head up. Straight back. Core muscles engaged. Keep heels on floor. Bend ankles, knees, hips. Squat slowly until hands reach floor inside feet.

Deep Squats

Chest/head up. Straight back. Core muscles engaged. Keep heels on floor. Bend ankles, knees, hips. Squat slowly until hands reach floor outside feet.

Reach Squats

Chest/head up. Straight Back. Core muscles engaged. Bend ankles, knees, hips. Pause when hips are below knees. Reach hands above head. Extend until standing fully stretched on toes.

Jump Squats

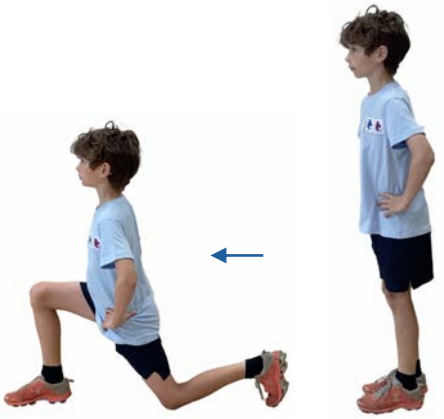
Chest/head up. Straight back. Core muscles engaged. Bend ankles, knees, hips. Swing arms downwards. Pause when hips are below knees. Swing arms and drive upwards to jump off floor.

Rock Squats

Chest/head up. Straight back. Core muscles engaged. Bend ankles, knees, hips. Hold deep squat position. Rock backwards onto shoulder blades. Rock forwards to stand up. Use hands for support.

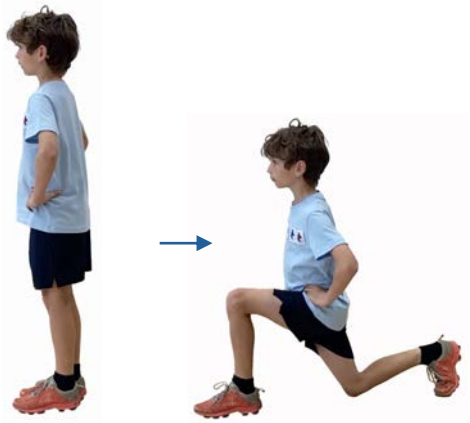
Forward Lunges

Feet hip width apart. Stand tall. Large step forwards. Bend front knee until above foot. Return to standing. Repeat on alternate leg. Feet remain facing forwards



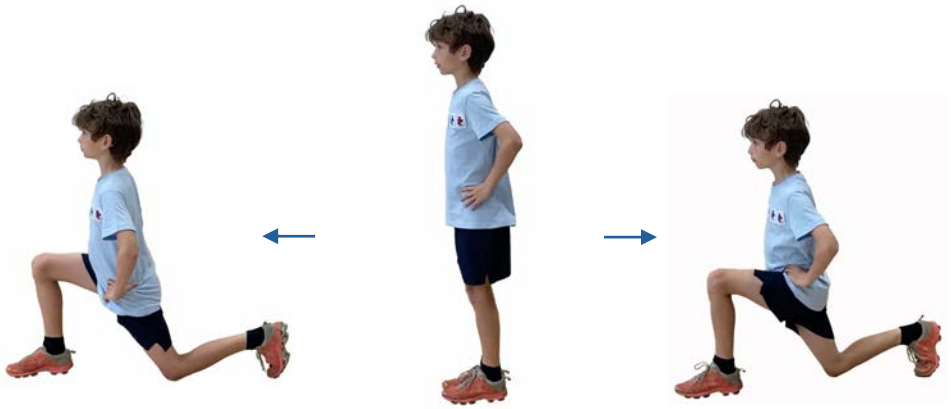
Reverse Lunges

Feet hip width apart or wider. Stand tall. Large step backwards. Bend back knee until touching floor. Return to standing. Repeat on alternate leg. Feet remain facing forwards.



Step Throughs

Feet hip width apart. Large step forwards. Return to standing. Large step backwards on same leg. Return to standing. Repeat on other leg. Feet remain forwards.



Seat to Stands

Sit in ‘Seat Drop’ position with legs extended. Bring knees into chest. Lean forwards. Push through both legs to stand up.

Standing Long Jumps

Feet hip width apart. Bend ankles, knees, hips. Arms back. Swing arms and drive legs forwards/upwards. Weight forwards on landing. 75% effort level.

Standing Triple Jumps

Use basic foot patterns (1-1, 1-2, 2-1, 2-2). Link jumping from one leg to same leg - to other leg - to both legs. ‘Same-Other-Both’. Arms for balance.

Animal Movements

Bear Crawls

On front. Both hands and both feet shoulder width apart touching floor. Core muscles engaged. Straight back. Hips low. Knees bent. Move opposite arm and leg forwards in unison. Repeat on other side.

Crab Walks

On back. Both hands and both feet shoulder width apart touching floor. Core muscles engaged. Knees bent. Move opposite arm and leg forwards in unison. Repeat on other side.

Duck Walks

Chest/head up. Straight back. Core muscles engaged. Bend ankles, knees, hips into deep squat. Walk slowly forwards in deep squat position.

Stamina

Three Minute Run

Begin in gear 3/6. Run tall. Relaxed shoulders. Core muscles engaged. Build speed towards gear 5/6.

Additional timed runs: 2 then 1 Minute Run, 1 then 2 Minute Run, 3 x 1 Minute Run, 2 x 1.5 Minute Run.

Partner Run

Begin in gear 4/6. Alternate laps with partner. Run tall. Relaxed shoulders. Core muscles engaged. Build speed towards gear 6/6.

Paired Run

Begin in gear 3/6 for each lap. Run alongside and support partner. Run tall. Relaxed shoulders. Core muscles engaged. Build speed towards gear 5/6.

Pacing Run – Time

Two groups – slower/faster. Trial groups with different colour ‘seconds per 50m lap’. Groups take turns to run 1-5 x 50m laps in their chosen colour pacing times.

Red	23 secs	Blue	15 secs
Orange	20 secs	Navy	14 secs
Yellow	18 secs	Purple	13 secs
Green	16 secs	Pink	12 secs

Pacing Run – Distance

Starting on different corners, three-four groups run chosen number of ’50m laps per minute’. Repeat to complete three minutes of running in colour pacing times.

Red	2.5 laps
Orange	3 laps
Blue	4 laps
Pink	5 laps

Balance & Flexibility

Front Support

Lie on front. Hands under shoulders. Push upwards until arms locked. Feet hip width apart. Body in straight line. Legs straight. Core muscles engaged.

Easier

Back Support

Sit in 'Seat Drop' position. Hands facing forwards by hips. Push hips upwards. Body in straight line. Core muscles engaged. Legs straight. Toes pointed

Front Plank

Lie on front. Forearms on floor. Elbows underneath shoulders. Raise hips. Feet hip width apart. Body in straight line. Legs straight. Core muscles engaged.

Side Plank

Lie on side. Forearm under shoulder. Lift hips upwards until straight line from shoulder to feet. Two contact points.

Easier

Arch

Lie on front. Arms extended above head. Lift arms, upper back and legs off the floor. Only lower tummy touching floor.

Dish

Lie on back. Arms extended above head. Raise arms, shoulders, upper back and legs off the floor. Only curve of lower back in contact with floor.

Easier

Arabesque

Stand on one leg. Hands out to sides. Chest up. Raise back leg upwards. Core muscles working hard.

Shoulder Stand

Lie on back. Lift both legs upwards. Raise hips and lower back off floor. Legs straight. Core muscles engaged. Toes pointed. Hands on floor or supporting hips.

Frog Balance

Crouch position. Hands spaced out on floor close to feet position. Place hands inside knees. Body weight through wrists. Support inner thighs by resting on elbows.

Glute Bridge

Lie on back. Feet hip width apart. Knees bent. Hands on floor palms down. Fingers facing forwards. Raise hips to make straight line from knees to shoulders.

Bridge

Lie on back. Feet hip width apart. Knees bent. Hands each side of head. Fingers towards feet. Raise hips. Extend arms and legs until four points of contact.

Kneel & Reach

Kneel on floor and sit on ankles. Lower chest to between knees. Reach forwards with both arms.

Knees to Side on Back

Lie on back. Hands out to sides. Palms facing downwards. Knees bent. Roll both knees to one side and hold. Repeat on the other side.

Knee to Side on Front

Lie on front. Hands out to sides. Palms facing downwards. Roll one leg to opposite side until foot touches floor. Open hip joint and hold. Repeat on the other side.

Seated Forward Bend (one leg)

Sit on floor. One leg straight. One leg bent. Take hands towards ankle of straight leg. Chin towards chest. Chest towards knees. Keep body in line.

Seated Forward Bend (two legs)

Sit on floor. Legs straight. Take hands towards ankles. Chin on chest. Chest towards knees. Keep body in line.

Legs Over Head

Lie on back. Bend knees into chest. Lift hips upwards (can use hands to support). Chin on chest. Carefully roll feet towards floor beyond head position.

Hip Flexor

Feet facing forwards. Large step forwards. Back knee resting on floor. Push hips forwards.

Side Lunge & Reach

Take one leg out to side from kneeling position. Place side of this foot on floor. Straighten this leg. Reach forwards with upper body and both arms.

Knee to Shoulder

Sit upright with legs straight. Bend one leg. Wrap arms around bent leg and pull this leg towards opposite shoulder. Shoulders tall and relaxed.

Harder

Chapter 4:
Building fitness

In the final chapter, we list 30 x Gymrun Curriculum sessions plans. Each session plan contains easier and harder movement options. Each movement is linked via page number to its image and description.

'Push, Pull, Run, Ache, Sweat and Fail more.'

Gymrun Curriculum

Session Plans

Gymrun Curriculum – Fitness Focus - Session 1

Movement & Page No.		Focus	Easier	Harder
Vertical Jumping	24	Speed Agility	Reduce speed and/or bounce height	Increase speed and/or bounce height
Get Ups	28	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Squats	34	Leg Strength	Perform against a wall	3-5 second hold in squat position. Partner Squats
1 + 2 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Front Support	41	Balance	One knee touching floor	Lift one leg. Lift one arm
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Fitness Focus - Session 2

Movement & Page No.		Focus	Easier	Harder
Vertical Jumping	24	Speed Agility	Reduce speed and/or bounce height	Increase speed and/or bounce height
Get Ups	28	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Squats	34	Leg Strength	Perform against a wall	3-5 second hold in squat position. Partner Squats
Partner Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Back Support	41	Balance	One knee touching floor	Lift one leg while keeping full extension
Seated Forward Bend (one leg)	46	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Fitness Focus - Session 3

Movement & Page No.		Focus	Easier	Harder
Vertical Jumping	24	Speed Agility	Reduce speed and/or bounce height	Increase speed and/or bounce height
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Squats	34	Leg Strength	Perform against a wall	3-5 second hold in squat position. Partner Squats
Three Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Front Plank	41	Balance	One knee touching floor	Lift one leg. Lift one arm. Keep full extension
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Fitness Focus - Session 4

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over line or pause between jumps	Increase speed of jumps.
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Jump Squats	35	Leg Strength	Perform normal Squats	3-5 second hold in squat position
3 x 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Back Support	41	Balance	One knee touching floor	Higher knee and shoulders touching floor
Knees to Side on Back	45	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Fitness Focus - Session 5

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over line or pause between jumps	Increase speed of jumps
Mountain Climbers	28	Core Strength	Drop one knee to the floor	Twist knee to opposite elbow.
Bench Dips	32	Arm Strength	Bend one or both legs	Slow the down the return movement
Forward Lunges	36	Leg Strength	Smaller steps. Hands on knee	Coordinate arms. Arms above head. Eyes closed
Partner Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Front Support	41	Balance	One knee touching floor	Lift one leg. Lift one arm
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Fitness Focus - Session 6

Movement & Page No.		Focus	Easier	Harder
Double Speed Bounce	25	Speed Agility	Step over lines or pause between jumps	Increase speed of jumps
Mountain Climbers	28	Core Strength	Drop one knee to the floor	Twist knee to opposite elbow
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Jump Squats	35	Leg Strength	Perform normal Squats	3-5 second hold in squat position
2 + 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Back Support	41	Balance	One knee touching floor	Higher knee and shoulders touching floor
Seated Forward Bend (one leg)	46	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Fitness Focus - Session 7

Movement & Page No.		Focus	Easier	Harder
Double Speed Bounce	25	Speed Agility	Step over lines or pause between jumps	Increase speed of jumps
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Reverse Lunges	36	Leg Strength	Smaller steps. Hands on knee	Coordinate arms. Arms above head. Eyes closed
Paired Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Side Plank	42	Balance	Three points. Top leg in front. Bend top leg	Raise free arm/leg
Knees to Side on Back	45	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Fitness Focus - Session 8

Movement & Page No.		Focus	Easier	Harder
Vertical Jumping	24	Speed Agility	Reduce speed and/or bounce height	Increase speed and/or bounce height
Lateral Shoot Throughs	31	Core Strength	Arms only. Shoot foot to the floor	Slow down/increase range of movement
Shoulder Taps	33	Arm Strength	Drop one or both knees to the floor	Add Plank Twist/Press Up
Step Throughs	36	Leg Strength	Smaller steps. Hands on knee	Coordinate arms. Arms above head. Eyes closed
2 x 1.5 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Side Plank	42	Balance	Three points. Top leg in front. Bend top leg	Raise free arm/leg
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Fitness Focus - Session 9

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over line or pause between jumps	Increase speed of jumps
Get Ups	28	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Squats	34	Leg Strength	Perform against a wall	3-5 second hold in squat position. Partner Squats
3 x 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Front Plank	41	Balance	One knee touching floor	Lift one leg. Lift one arm. Keep full extension
Knees to Side on Front	45	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Fitness Focus - Session 10

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over lines or pause between jumps	Increase speed of jumps
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Standing Long Jumps	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Three Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Front Support	41	Balance	One knee touching floor	Lift one leg. Lift one arm
Seated Forward Bend (one leg)	46	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Gymnastics Focus - Session 11

Movement & Page No.		Focus	Easier	Harder
Jog/Bounce – Hopping	26	Speed Agility	Reduce speed and/or bounce height	Increase speed and/or bounce height
Rock Back/Forwards	29	Core Strength	Less tuck/range of movement	Take feet over head to floor
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Seat to Stands	37	Leg Strength	Use both hands to push off floor	No hands. Both hands above head. On one leg
2 + 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Arch	42	Balance	Arms & legs lower. Hold for less time	Arms & legs higher. Hold for more time
Seated Forward Bend (both legs)	46	Flexibility	Less range of movement	More range of movement. Straddle

Gymrun Curriculum – Gymnastics Focus - Session 12

Movement & Page No.		Focus	Easier	Harder
Jog/Bounce – Star Jumps	26	Speed Agility	Reduce speed and/or bounce height	Increase speed and/or bounce height
Rock Back/Forwards	29	Core Strength	Less tuck/range of movement	Take feet over head to floor
Bunny Hops	33	Arm Strength	Alternate foot to foot. Hop onto/over bench.	Hold position for longer. Partner challenge
Seat to Stands	37	Leg Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Partner Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Arch	42	Balance	Arms & legs lower. Hold for less time	Arms & legs higher. Hold for more time
Seated Forward Bend (both legs)	46	Flexibility	Less range of movement	More range of movement. Straddle

Gymrun Curriculum – Gymnastics Focus - Session 13

Movement & Page No.		Focus	Easier	Harder
Jog/Bounce – Turns	26	Speed Agility	Focus on quarter and half turn	Turn beyond 360 degrees
Rock Sideways	29	Core Strength	Less tuck/range of movement	More tuck/range of movement
Bunny Hops	33	Arm Strength	Alternate foot to foot. Hop onto/over bench	Hold position for longer. Partner challenge
Rock Squats	35	Leg Strength	Use both hands to push off floor. 5+ sec hold	No hands. Both hands above head. On one leg
Paired Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Dish	42	Balance	Arms and legs higher. Hold for less time	Arms and legs lower. Hold for more time
Legs Over Head	46	Flexibility	Less range of movement	Both feet touch floor for extended time

Gymrun Curriculum – Gymnastics Focus - Session 14

Movement & Page No.		Focus	Easier	Harder
Jog/Bounce – Turns	26	Speed Agility	Focus on quarter and half turn	Turn beyond 360 degrees
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Bench Dips	32	Arm Strength	Bend one or both legs	Slow the down the return movement
Rock Squats	35	Leg Strength	Use both hands to push off floor. 5+ sec hold	No hands. Both hands above head. On one leg
3 x 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Arabesque	43	Balance	Lower leg and chest. Hold for less time	Higher leg and chest. Hold for more time
Legs Over Head	46	Flexibility	Less range of movement	Both feet touch floor for extended time

Gymrun Curriculum – Gymnastics Focus - Session 15

Movement & Page No.		Focus	Easier	Harder
Jog/Bounce – Star Jumps	26	Flexibility	Less range of movement	More range of movement. Straddle
Rock Back/Forwards	29	Core Strength	Less tuck/range of movement	Take feet over head to floor
Bunny Hops	33	Arm Strength	Alternate foot to foot. Hop onto/over bench	Hold position for longer. Partner challenge
Frog Squats	34	Leg Strength	Less depth. Heels may come off the floor	3-5 second hold
2 + 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Arabesque	43	Balance	Lower leg and chest. Hold for less time	Higher leg and chest. Hold for more time
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Gymnastics Focus - Session 16

Movement & Page No.		Focus	Easier	Harder
Jog – Sidestep. Back Jog. Skip. Double Step	N/A	Speed Agility	Slow down movement	Speed up movement
Rock Back Get Ups	29	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Deep Squats	34	Leg Strength	Less depth. Heels may come off the floor	3-5 second hold
1 + 2 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Shoulder Stand	43	Balance	Hands support hips. Lower back touch floor	Legs higher and straighter. Toes pointed
Legs Over Head	46	Flexibility	Less range of movement	Both feet touch floor for extended time

Gymrun Curriculum – Gymnastics Focus - Session 17

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over line or pause between jumps	Increase speed of jumps
Rock Back Get Ups	29	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Inch Worms	33	Arm Strength	Drop one or both knees to the floor	Add Plank Twist/ Shoulder Tap/ Press Up
Reach Squats	35	Leg Strength	No extension onto toes	Link hands behind ears. 5 second hold in reach
Partner Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Shoulder Stand	43	Balance	Hands support hips. Lower back touch floor	Legs higher and straighter. Toes pointed
Side Lunge & Reach	47	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Gymnastics Focus - Session 18

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over line or pause between jumps	Increase speed of jumps
Side. Forward. Backward Rolls	30	Core Strength	Practice on slope. Shoulder Roll	Different entry in/exit from roll. Combine rolls
Inch Worms	33	Arm Strength	Drop one or both knees to the floor	Add Plank Twist/ Shoulder Tap/ Press Up
Reach Squats	35	Leg Strength	No extension onto toes	Link hands behind ears. 5 second hold in reach
2 + 1 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Glute Bridge/Bridge	44	Balance	Arms by side (Glute Bridge)	Increase Arch. Hold for more time
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Gymnastics Focus - Session 19

Movement & Page No.		Focus	Easier	Harder
Jog/Bounce – Turns	26	Speed Agility	Focus on quarter and half turn.	Turn beyond 360 degrees.
Side. Forward. Backward Rolls	30	Core Strength	Practice on slope. Shoulder Roll.	Different entry in/exit from roll. Combine rolls.
Bunny Hops	33	Arm Strength	Alternate foot to foot. Hop onto/over bench	Hold position for longer. Partner challenge
Seat to Stands	37	Leg Strength	Use both hands to push off floor.	No hands. Both hands above head. On one leg.
2 x 1.5 Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Glute Bridge/Bridge	44	Balance	Arms by side (Glute Bridge)	Increase Arch. Hold for more time
Legs Over Head	46	Flexibility	Less range of movement	Both feet touch floor for extended time

Gymrun Curriculum – Gymnastics Focus - Session 20

Movement & Page No.		Focus	Easier	Harder
Double Speed Bounce	25	Speed Agility	Step over lines or pause between jumps	Increase speed of jumps
Rock Back Get Ups	29	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Rock Squats	35	Leg Strength	Use both hands to push off floor. 5+ sec hold	No hands. Both hands above head. On one leg
Three Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
Frog Balance	43	Balance	Both feet/one foot in contact with floor	Hold for more time
Seated Forward Bend (both legs)	46	Flexibility	Less range of movement	More range of movement. Straddle

Gymrun Curriculum – Athletics Focus - Session 21

Movement & Page No.		Focus	Easier	Harder
High Knee Bounds	27	Speed Agility	No arm action	Increase knee height/ speed of movement
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Standing Long Jumps	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Pacing - Time	40	Stamina	Slower pace (slower lap time)	Faster pace (faster lap time)
No Balance due to longer run phase				
Kneel & Reach	45	Flexibility	Less range of movement	Extend arms forwards. Lower chest

Gymrun Curriculum – Athletics Focus - Session 22

Movement & Page No.		Focus	Easier	Harder
High Knee Bounds	27	Speed Agility	No arm action	Increase knee height/ speed of movement
Get Ups	28	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Standing Long Jumps	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Pacing - Time	40	Stamina	Slower pace (slower lap time)	Faster pace (faster lap time)
No Balance due to longer run phase				
Seated Forward Bend (one leg)	46	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Athletics Focus - Session 23

Movement & Page No.		Focus	Easier	Harder
Arm & leg Swings	27	Speed Agility	Arm or leg swing only	Increase knee height/ speed of movement
Mountain Climbers	28	Core Strength	Drop one knee to the floor	Twist knee to opposite elbow
Bunny Hops	33	Arm Strength	Alternate foot to foot. Hop onto/over bench	Hold position for longer. Partner challenge
Squats	34	Leg Strength	Perform against a wall	3-5 second hold in squat position. Partner Squats
Pacing - Time	40	Stamina	Slower pace (slower lap time)	Faster pace (faster lap time)
No Balance due to longer run phase				
Hip Flexor	47	Flexibility	Both hands on front knee or touching floor	Hands above head. Link hands behind ears

Gymrun Curriculum – Athletics Focus - Session 24

Movement & Page No.		Focus	Easier	Harder
Arm & leg Swings	27	Speed Agility	Arm or leg swing only	Increase knee height/ speed of movement
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Bunny Hops	33	Arm Strength	Alternate foot to foot. Hop onto/over bench	Hold position for longer. Partner challenge
Standing Long Jumps (one leg)	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Pacing - Time	40	Stamina	Slower pace (slower lap time)	Faster pace (faster lap time)
No Balance due to longer run phase				
Hip Flexor	47	Flexibility	Both hands on front knee or touching floor	Hands above head. Link hands behind ears

Gymrun Curriculum – Athletics Focus - Session 25

Movement & Page No.		Focus	Easier	Harder
High Knee/Toes Up	27	Speed Agility	No arm action	Increase knee height/ speed of movement
Rock Back Get Ups	29	Core Strength	Use both hands to push off the floor	No hands. Both hands above head. On one leg
Bench Dips	32	Arm Strength	Bend one or both legs	Slow the down the return movement
Standing Long Jumps (one leg)	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Three Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
No Balance due to longer run phase				
Knees to Side on Back	45	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Athletics Focus - Session 26

Movement & Page No.		Focus	Easier	Harder
High Knee/Toes Up	27	Speed Agility	No arm action	Increase knee height/ speed of movement
Bicycle Crunches	31	Core Stability	Legs or arms only	Increase range of movement
Inch Worms	33	Arm Strength	Drop one or both knees to the floor	Add Plank Twist/ Shoulder Tap/ Press Up
Standing Triple Jumps	37	Leg Strength	Smaller distance between phases	Swing arms and free knee up/forwards
Pacing - Distance	40	Stamina	Slower pace (less laps per minute)	Faster pace (more laps per minute)
No Balance due to longer run phase				
Hip Flexor	47	Flexibility	Both hands on front knee or touching floor	Hands above head. Link hands behind ears

Gymrun Curriculum – Athletics Focus - Session 27

Movement & Page No.		Focus	Easier	Harder
High Knee Bounds	27	Speed Agility	No arm action	Increase knee height/ speed of movement
Lateral Shoot Throughs	31	Core Strength	Arms only. Shoot foot to the floor	Slow down/increase range of movement
Shoulder Taps	33	Arm Strength	Drop one or both knees to the floor	Add Plank Twist/Press Up
Forward Lunges	36	Leg Strength	Smaller steps. Hands on knee	Coordinate arms. Arms above head. Eyes closed
Pacing - Distance	40	Stamina	Slower pace (less laps per minute)	Faster pace (more laps per minute)
No Balance due to longer run phase				
Seated Forward Bend (one leg)	46	Flexibility	Less range of movement	More range of movement

Gymrun Curriculum – Athletics Focus - Session 28

Movement & Page No.		Focus	Easier	Harder
Arm & leg Swings	27	Speed Agility	Arm or leg swing only	Increase knee height/ speed of movement
Side. Forward. Backward Rolls	30	Core Strength	Practice on slope. Shoulder Roll	Different entry in/exit from roll. Combine rolls
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Standing Long Jumps	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Pacing - Distance	40	Stamina	Slower pace (less laps per minute)	Faster pace (more laps per minute)
No Balance due to longer run phase				
Knee to Shoulder	47	Flexibility	Less range of movement	Add upper body twist

Gymrun Curriculum – Athletics Focus - Session 29

Movement & Page No.		Focus	Easier	Harder
High Knee/Toes Up	27	Speed Agility	No arm action	Increase knee height/ speed of movement
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Plank Twists	32	Arm Strength	Drop one or both knees to the floor	Bend elbows towards full Press Up
Jump Squats	35	Leg Strength	Perform normal Squats	3-5 second hold in squat position
Pacing - Distance	40	Stamina	Slower pace (less laps per minute)	Faster pace (more laps per minute)
No Balance due to longer run phase				
Hip Flexor	47	Flexibility	Both hands on front knee or touching floor	Hands above head. Link hands behind ears

Gymrun Curriculum – Athletics Focus - Session 30

Movement & Page No.		Focus	Easier	Harder
Speed Bounce	25	Speed Agility	Step over lines or pause between jumps	Increase speed of jumps
Cross Fit Sit Ups	28	Core Strength	Push off floor with hands. Touch feet only	Slow down return movement. Add a twist
Bench Press Ups	32	Arm Strength	Drop one or both knees to the floor	Feet on bench. Hands on floor
Standing Long Jumps	37	Leg Strength	Greater focus on technique than distance	Firm legs at take-off. Soft legs on landing
Three Minute Run	39	Stamina	Lower gear	Higher gear. Maintain pace throughout
No Balance due to longer run phase				
Legs Over Head	46	Flexibility	Less range of movement	Both feet touch floor for extended time

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This book addresses the importance of fitness and physical development within the wider scope of a physical education.

We introduce the two core elements of Gymrun:

The Gymrun Tracker with Fitness Award Badges
The Gymrun Curriculum

Average fitness scores for every child give a wider data picture and a simple fitness vision for all schools.

More than 100 movement images link into 30 inclusive and purposeful curriculum session plans.

Building Fitter Futures is a one stop resource for embedding the Gymrun Program in primary and junior school settings.

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