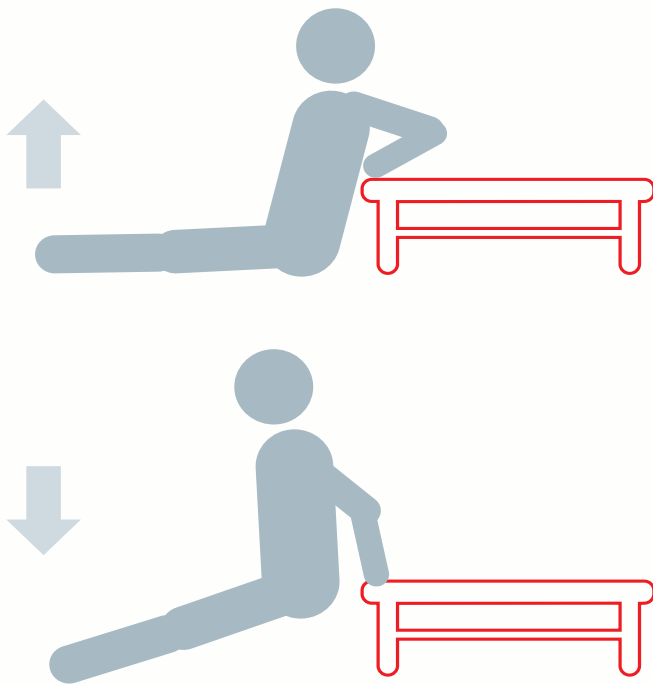


## Equipment:

- 1 Bench
- 1 gym mat
- Stopwatches
- Scorecard
- Pen

**Master Scorecard on reverse**



## Teaching Points:

- Participants sit on floor with back to bench and hand placed on edge of the bench facing forwards
- Back must be straight and Stomach tight
- On start command, keep heels on floor
- Participants must raise their bodies off the floor with arms until the arms are almost straight
- To lower, bend arms at the elbow and keep the back straight.
- Do not allow the body to touch the floor

## Please Note:

- Ensure Correct technique is demonstrated to all pupils
- Allow practice time to be given
- **Teacher/Official** - Time and Record Score

**YEARS**  
**ALL**  
**YEARS**