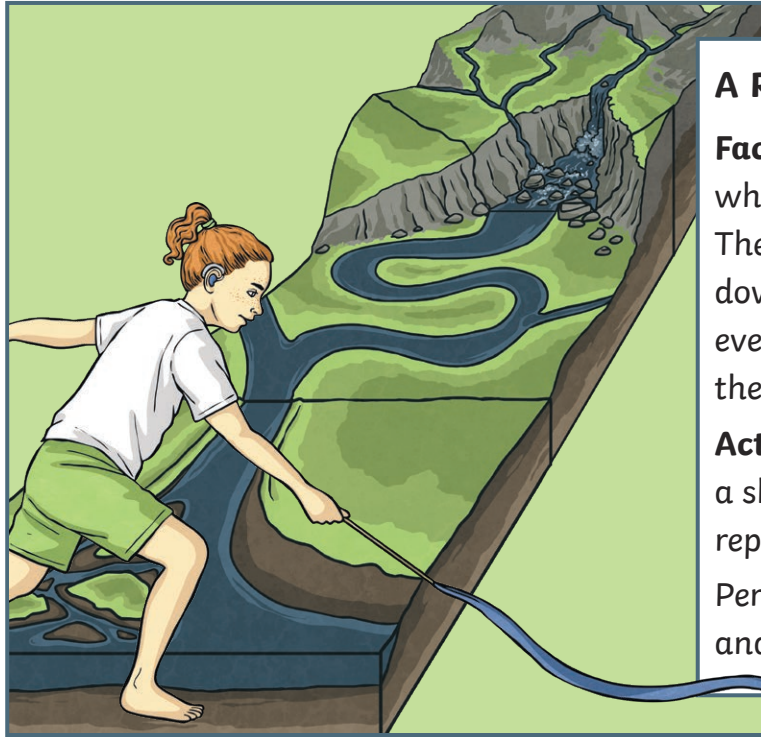


# Move at Home: Rivers and Mountains Workout

This workout features a series of actions that each communicate a fact about rivers and mountains.



## A River's Journey

**Fact:** A river's journey begins high in the hills when rain falls and collects in small channels. The water then joins other channels and flows downhill on a constantly changing course, eventually ending its journey as it enters the sea.

**Activity:** Using a scarf or ribbon, try to create a short rhythmic gymnastics routine to represent the course of a river and its features. Perhaps you could include waterfalls, rapids and winding meanders.

## Waterfall Workout

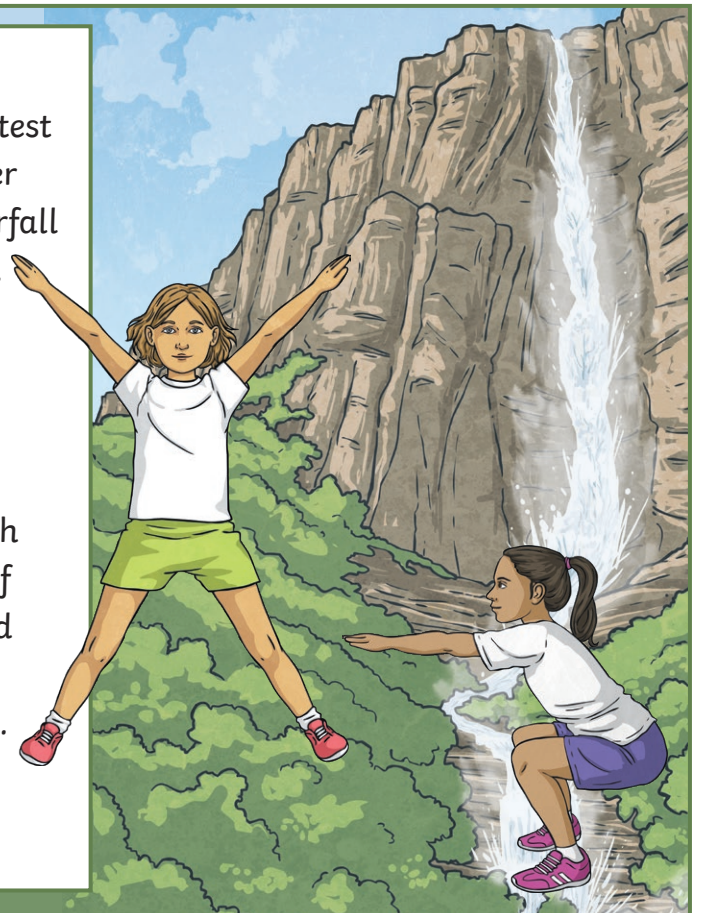
**Fact:** The upper course of a river contains the fastest flowing water and some impressive natural water features, such as waterfalls, can develop. A waterfall is where water cascades over ledges of hard rock.

The tallest waterfall in the world is called Angel Falls in Venezuela, which plunges 979m.

**Activity:** Complete a waterfall workout.

A waterfall workout requires you to work through a certain number of exercises a certain number of times (reps). For example, ten star jumps followed by ten squats. You then repeat each exercise but doing one less rep each time until you get to zero.

Start off by doing ten star jumps and ten squats, then nine of each, then eight and so on.



## Jump the River

**Fact:** Although the river Nile is the longest river in the world at 6650km long, the Amazon river in South America is the widest river. It has been measured at 11km at its widest point.

**Activity:** You will need two skipping ropes or something similar for marking out the banks of the river.

Lay out the ropes so that they are close together at one end and further apart at the other.

Start by jumping across the river at the narrow end and progress towards jumping the wider end. Use a short run up if you need to.

Can you use a two-feet to two-feet jump? Can you get further using a leap (one foot to the other)?



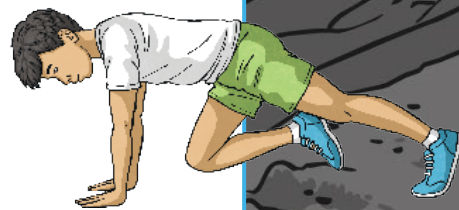
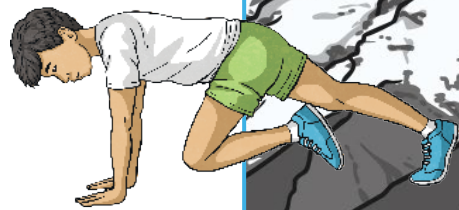
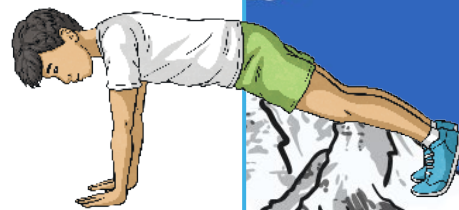
## Mountain Climbers

**Fact:** A mountain is a large land mass that rises steeply above the surrounding land.

Mount Everest, in the Himalayan mountain range of Asia, is the world's highest mountain, which reaches a staggering 8848m above sea level.

**Activity:** A mountain climber is a type of exercise.

- Start on the floor in a press-up position.
- Bring each knee up to your chest one at a time.
- Try doing them for 20 seconds, have a rest and then repeat.
- You will feel this in your arms and upper body.

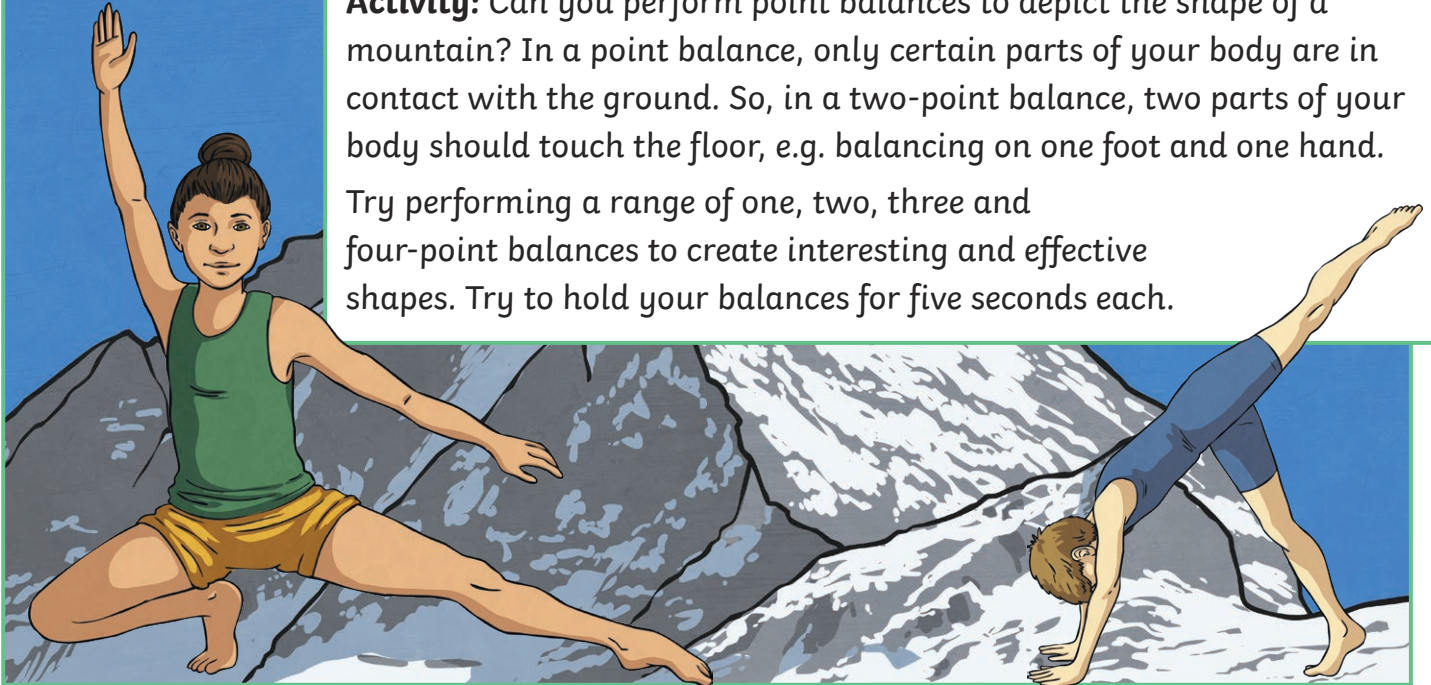


## Point Balance

**Fact:** Mountains are one of nature's fascinating geological features. Although all mountains share certain features, they are formed in a range of ways and in different conditions, creating a spectacular array of shapes and sizes across the world.

**Activity:** Can you perform point balances to depict the shape of a mountain? In a point balance, only certain parts of your body are in contact with the ground. So, in a two-point balance, two parts of your body should touch the floor, e.g. balancing on one foot and one hand.

Try performing a range of one, two, three and four-point balances to create interesting and effective shapes. Try to hold your balances for five seconds each.



## Mountain Climb Challenge

**Fact:** Ben Nevis in Scotland, is the UK's highest mountain, standing at 1345m high. You would have to walk approximately 4 miles to climb it.

The average person takes around 2000 steps per mile. Therefore, it would take roughly 8000 steps to travel up Ben Nevis.

**Activity:** Your challenge is to travel 8000 steps to virtually climb up Ben Nevis.

You can do this over the course of a day or even a week. You can take steps on the flat or up some stairs – if you have them – it's up to you!

