

Kiddolympics

2021



LEVEL 1 (Resource 2)

SUPER HEROES

DIFFICULTY: ★

SAFETY GUIDELINES

BEFORE EXERCISE

- Wash hands before exercising.
- Ensure that all children are feeling well prior to taking part in the activities.
- Ensure all children are well hydrated.
- Ensure all equipment are safe to use (no broken parts and sharp edges).
- Clear your space and ensure the floor is dry (Only designated props/equipment should be in the space).

DURING EXERCISE

- Conduct activities in small groups.
- Keep a safe distance from each other throughout the session.
- Stay hydrated. Keep a bottle of water close by.
- Encourage each child to go at his/her own pace during physical exertion.

AFTER EXERCISE

- Ensure all equipment/objects are cleaned/sanitised after each use.
- Wash hands after exercising.



LEVEL 1 (Resource 2)

SUPERHEROES



IT'S OUR SECOND SUPER HERO TRAINING WITH MISS MAJULAH.
ARE YOU READY TO BE FASTER, HIGHER AND STRONGER?

CHECK OUT THIS RESOURCE TO FIND OUT MORE ABOUT THIS
WEEK'S SKILLS.

Skills covered:

- RUNNING (ZIG ZAG)
- CRAWLING (BEAR CRAWL)
- SLIDING

Duration:

EACH RESOURCE WILL TAKE 45 MINUTES TO COMPLETE.
DON'T FORGET TO WARM UP BEFORE AND COOL DOWN AFTER
ALL THE ACTIVITIES.



45 MINUTES
(SUGGESTED DURATION)



LEVEL 1 (Resource 2) SUPERHEROES



Let's warm our bodies up before we start!
We will do each exercise for 10 seconds.

RUNNING:

RUN ON THE SPOT AS FAST AS YOU CAN LIKE YOU ARE IN A RACE!



SWIMMING:

SWING BOTH ARMS FORWARD AS FAST AS YOU CAN LIKE YOU ARE IN A RACE!



SOCCER:

KICK ONE LEG FORWARD ACROSS YOUR BODY FOLLOWED BY THE OTHER FOOT TOO, LIKE YOU ARE SHOOTING FOR GOAL!



BASKETBALL:

"BOUNCE" THE BALL 3 TIMES BEFORE YOU JUMP AND SHOOT FOR THE HOOPS!



GYMNAST:

LET'S SEE HOW FLEXIBLE YOU ARE!
REACH ACROSS YOUR BODY AND TOUCH YOUR TOES WITH ALTERNATE HANDS.

LEVEL 1 (Resource 2) SUPERHEROES



Activity 1 - Running zig zag between lamp posts

How fast can you run between the lamp posts? Are you ready to test your superhero speed?

Activity Objective:

Running Zig Zag - To be able to have both feet off the ground at the same time and change directions.

What you need:

- CONES



OR

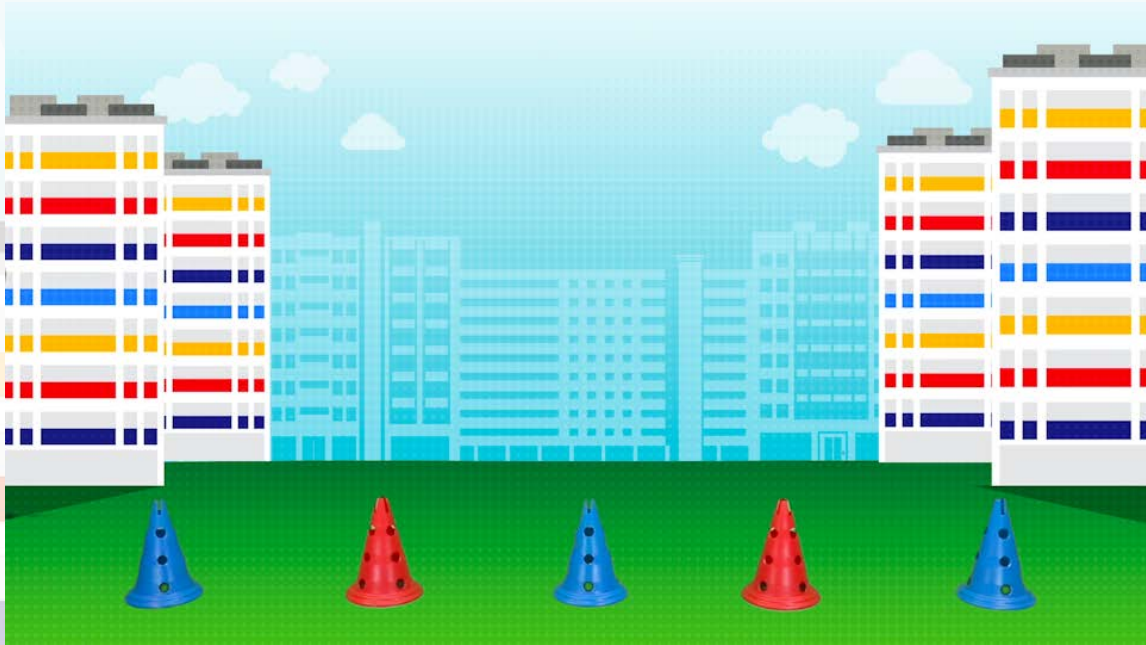
- PLASTIC BOTTLES
- CARDBOARD
- NEWSPAPER
- MASKING TAPE
- PAINT
- PAINT BRUSH
- GLUE/DOUBLE SIDED TAPE
- CAR PRINT OUT TEMPLATE IN A4 SIZE (OPTIONAL)
- LAMP POST PRINT OUT TEMPLATE IN A3 SIZE (ALTERNATIVELY)



LEVEL 1 (Resource 2) SUPERHEROES

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Set up with sports equipment per lane:



**YOU CAN ARRANGE THE CONES WITHIN THE 3M X 2M PLAY AREA.
ENSURE THAT EACH EQUIPMENT IS 2 FEET APART.**

Set up with DIY equipment per lane:

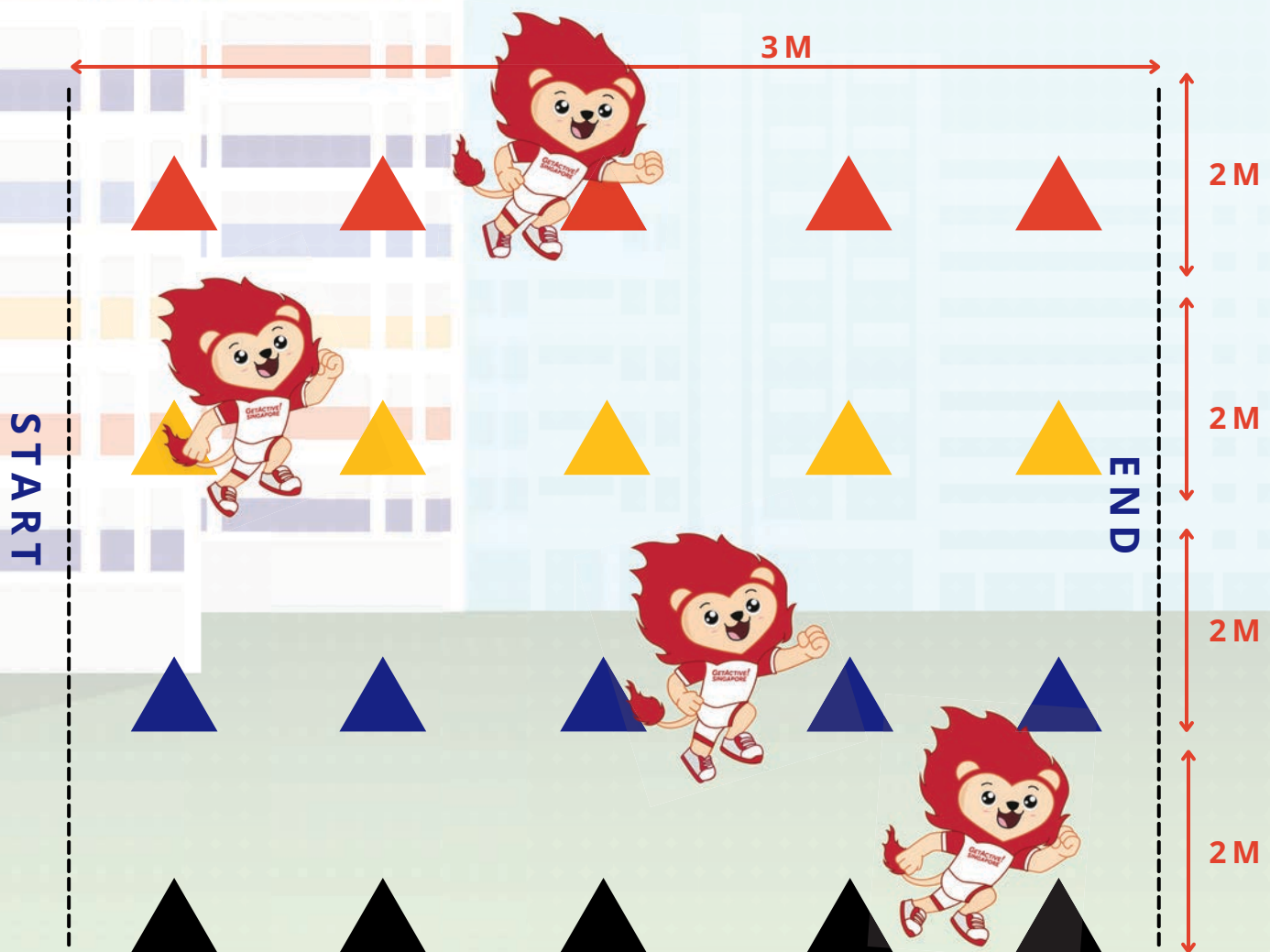


LEVEL 1 (Resource 2) SUPERHEROES



Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3 X 2M.
(SUGGESTED SIZE OF EACH LANE)

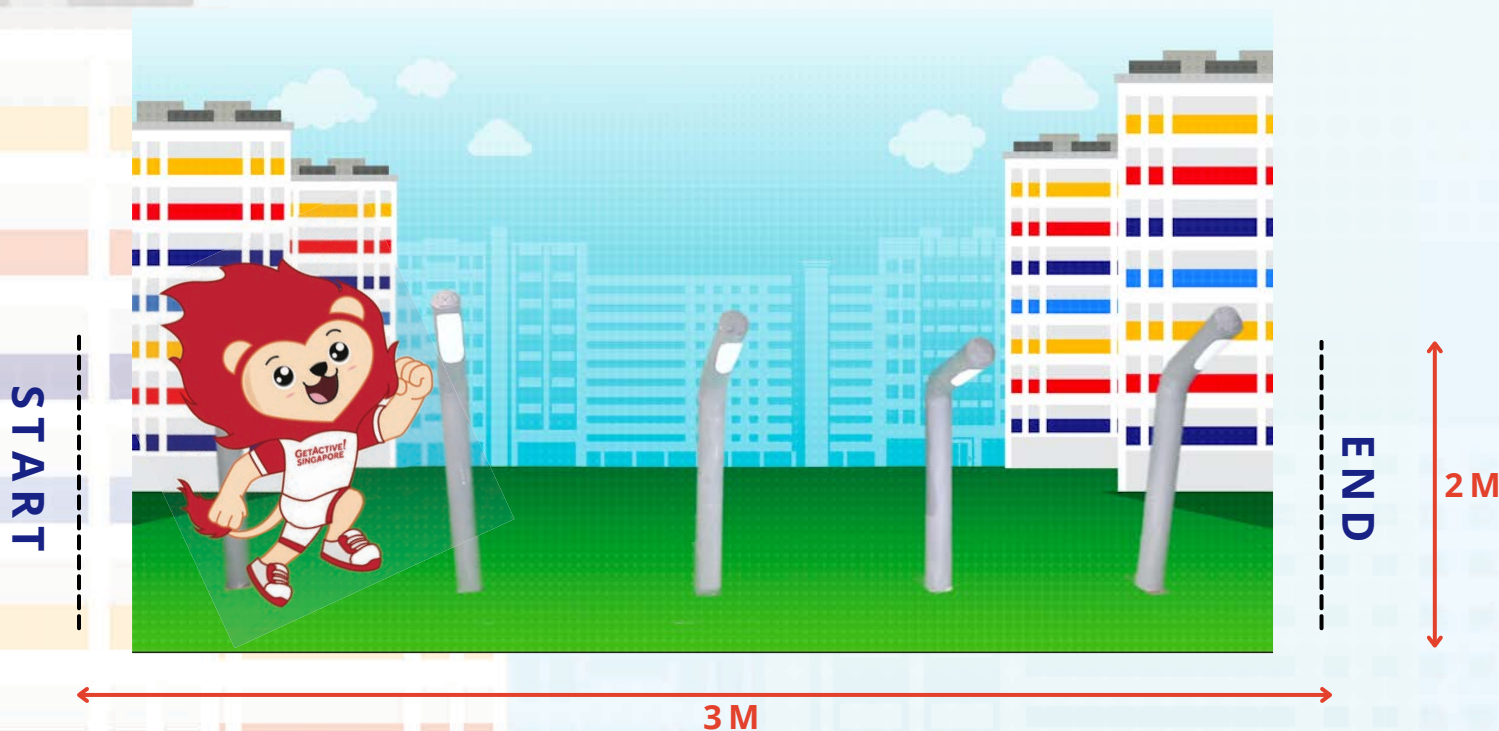


LEVEL 1 (Resource 2) SUPERHEROES



Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- YOU CAN ALSO SET UP WITH A MIXTURE OF SPORTS AND DIY EQUIPMENT TO SET THE SCENE FOR YOUR SUPERHERO TRAINING.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 2) SUPERHEROES



Activity progression and variation:



- SET UP THE CONES/LAMP POSTS DIAGONALLY NOW, WITH THE SAME 2 FEET SPACING IN BETWEEN
- IF YOU ARE USING CONES, ALTERNATE THE COLOURS OF THE CONE AS A VISUAL AID FOR THE CHILDREN
- ENCOURAGE THE CHILDREN TO CHANGE THEIR DIRECTION AS THEY RUN AROUND NEXT LAMP POST
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 2)

SUPERHEROES



RUNNING (ZIG ZAG)

Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO "RUN AS FAST AS FLASH".
- REMIND THE CHILDREN TO SWING THEIR ARMS IN OPPOSITION TO THEIR LEGS.
- YOU CAN GUIDE THE CHILDREN BY POINTING OUT THE NEXT CONE TO RUN TOWARDS, OR GETTING THEM TO SHADOW/FOLLOW YOU AS YOU DEMONSTRATE THE RUN TO THEM. (FOR PROGRESSION/VARIATION ACTIVITY)
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN QR CODE)



LEVEL 1 (Resource 2)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN LAMP POSTS!

Create your own lamp posts:

1. TAKE AN EMPTY PLASTIC BOTTLE AND FILL IT WITH SOME WATER. DON'T FORGET TO SCREW THE CAP ON TIGHT!



2. GRAB A PIECE OF NEWSPAPER AND ROLL IT AS TIGHT AS YOU CAN. STARTING FROM THE CORNER, DIAGONALLY. ONCE YOU'RE DONE, TAPE THE END TO SECURE IT.



3. FOLD THE ROLLED NEWSPAPER STICK INTO HALF. THEN ALONG 1/3 FROM THE THE BEND, FOLD IT 90DEGREES TO MAKE THE TOP OF THE LAMP POST.



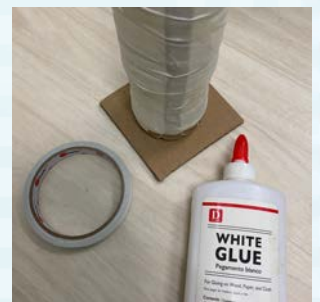
4. USE TAPE TO SECURE THE NEWSPAPER ROLL TO THE BOTTLE. MAKE SURE BOTH SIDES ARE EVEN!



5. GET ANOTHER PIECE OF NEWSPAPER. FOLD IT TILL IT IS A4 SIZE. THEN ROLL AND TAPE IT TO THE LAMP POST STRUCTURE. THIS WILL ADD BODY TO YOUR LAMP POST.



6. CUT A PIECE OF SQUARE CARDBOARD. USE GLUE/DOUBLE SIDED TAPE TO SECURE THE CARDBOARD TO THE BOTTLE. THIS WILL BE THE BASE OF YOUR LAMP POST.

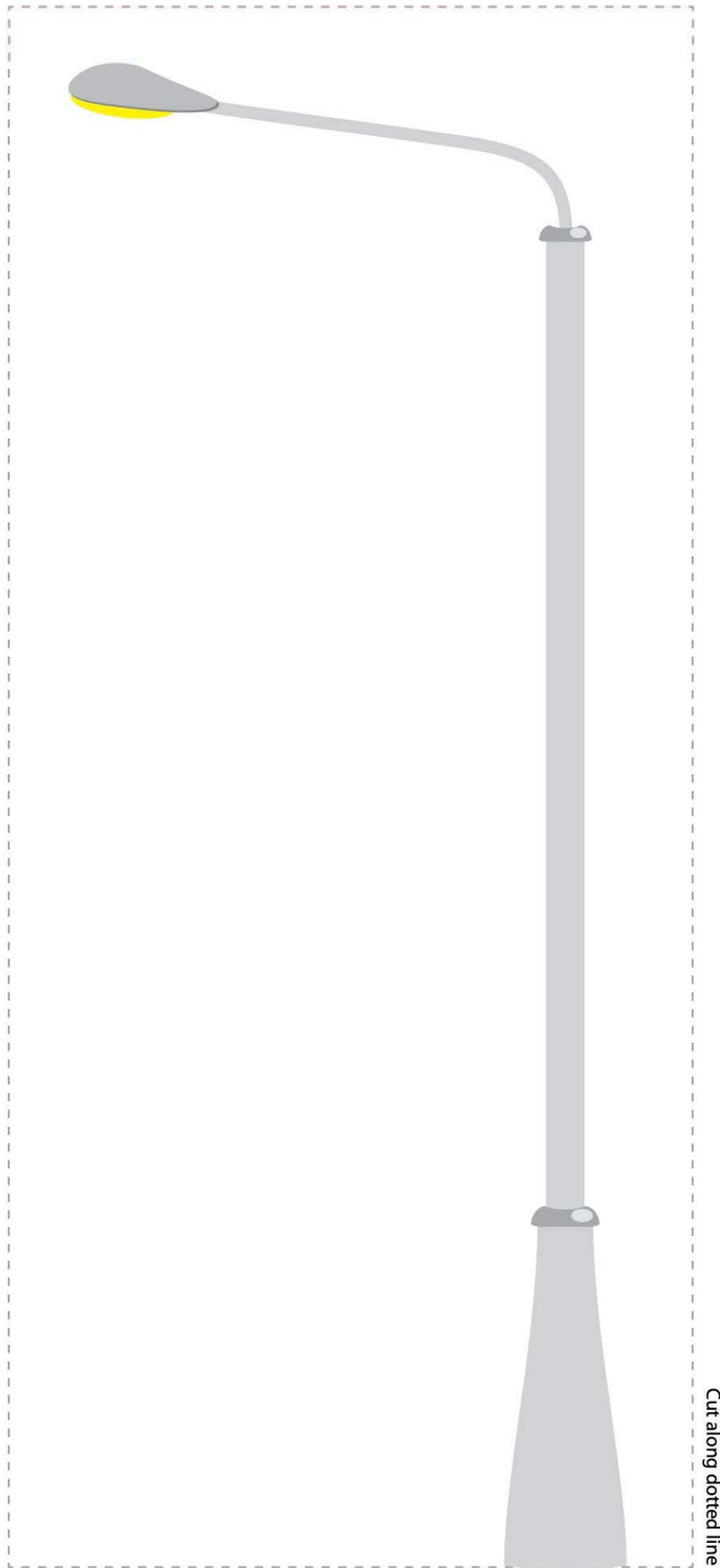


7. PAINT YOUR LAMP POST ANY COLOUR YOU WANT AND WE'RE DONE!

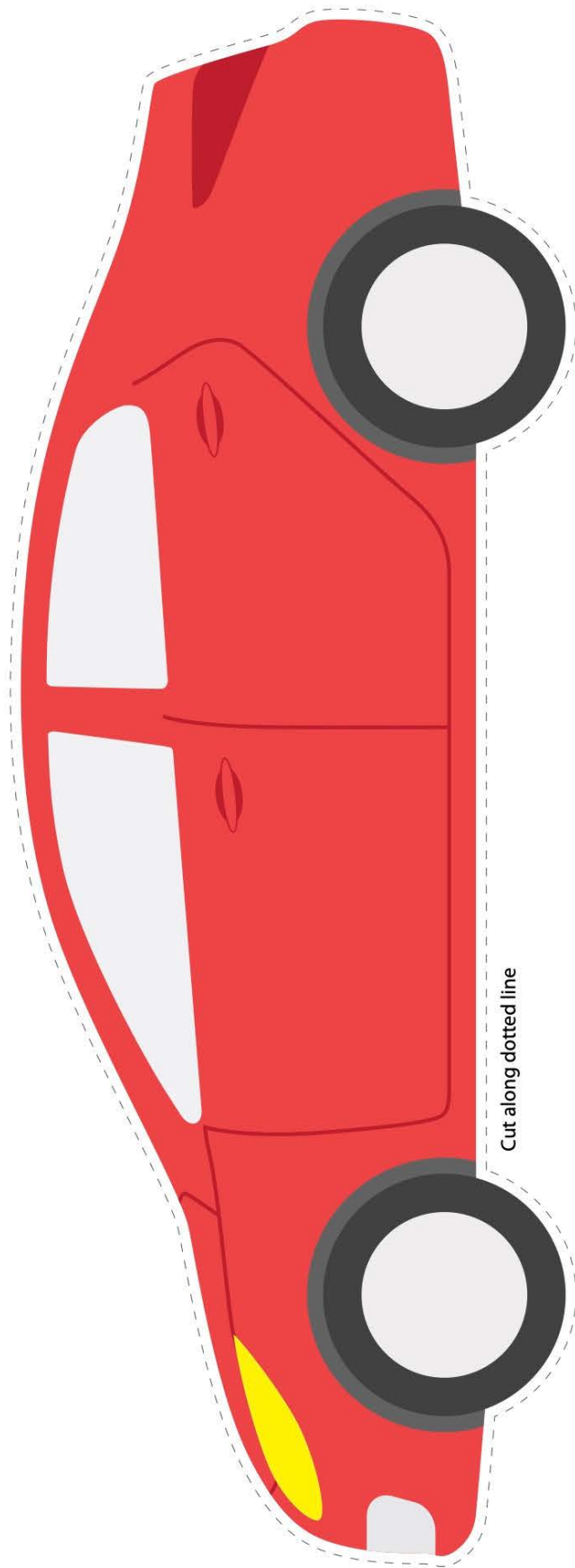
ALTERNATIVELY, YOU CAN PRINT OUT THE LAMP POST TEMPLATE, ON THE NEXT PAGE, AND PASTE IT ON A WATER BOTTLE.



**Do keep these lamp posts as you will need it in the upcoming resource!*



Cut along dotted line



Cut along dotted line

LEVEL 1 (Resource 2) SUPERHEROES



Activity 2 - Crawling over brick walls

Can you move along a brick wall without falling off? Time to gain another superhero power. Are you ready?

Activity Objective:

Crawling - To be able to move on all 4 limbs while transferring body weight from one side to the other.

What you need:

- HURDLES/CONES & POLE



OR

- CARDBOARD BOXES
- PAINT
- PAINTBRUSH
- MASKING TAPE
- BRICK WALL PRINT OUT TEMPLATE (ALTERNATIVELY)



LEVEL 1 (Resource 2) SUPERHEROES

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Set up with sports equipment per lane:



YOU CAN ARRANGE THE HURDLES WITHIN THE 3M X 2M PLAY AREA. ENSURE THAT EACH EQUIPMENT IS 2 FEET APART.

Set up with DIY equipment per lane:



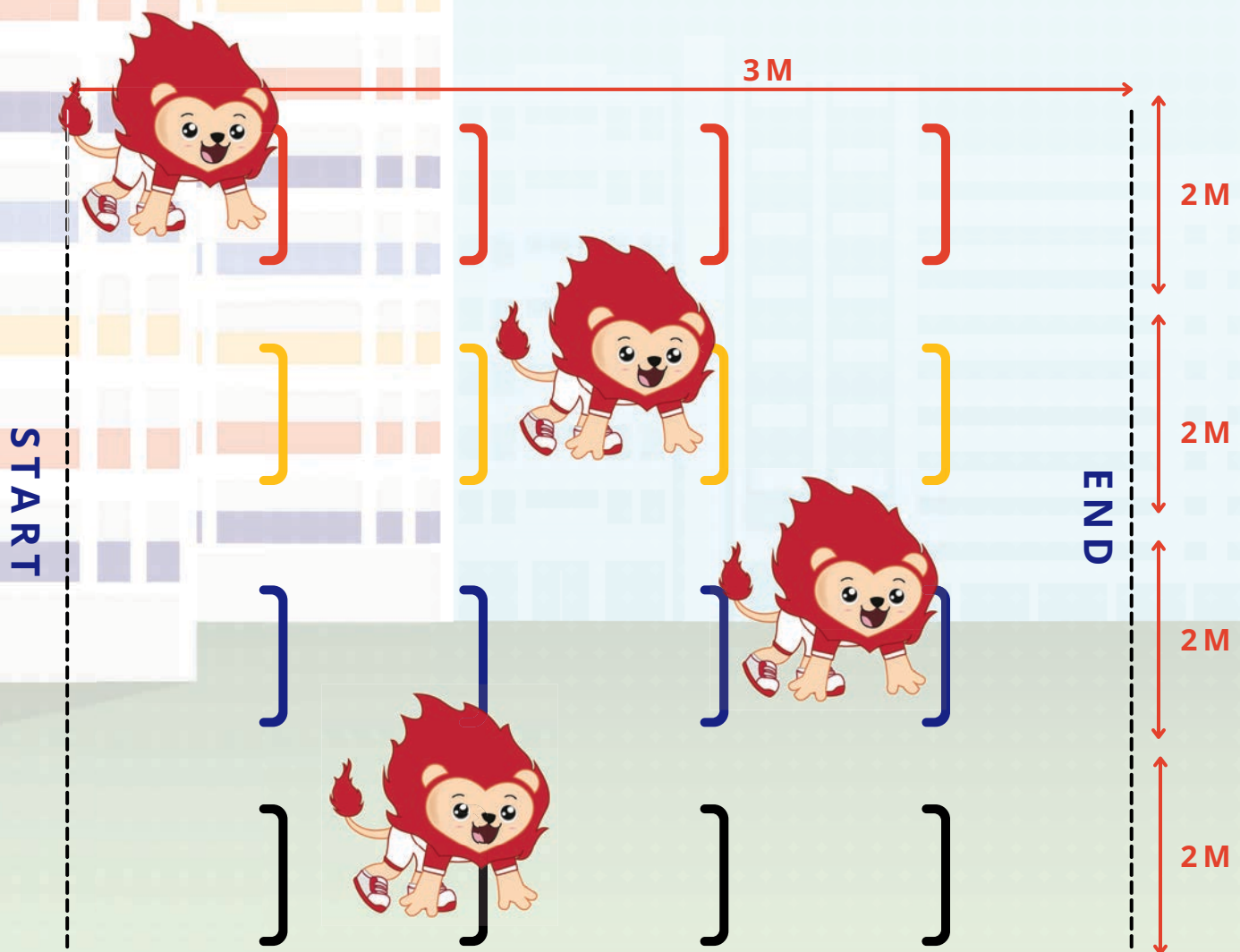
LEVEL 1 (Resource 2)

SUPERHEROES



Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.
(SUGGESTED SIZE OF EACH LANE)



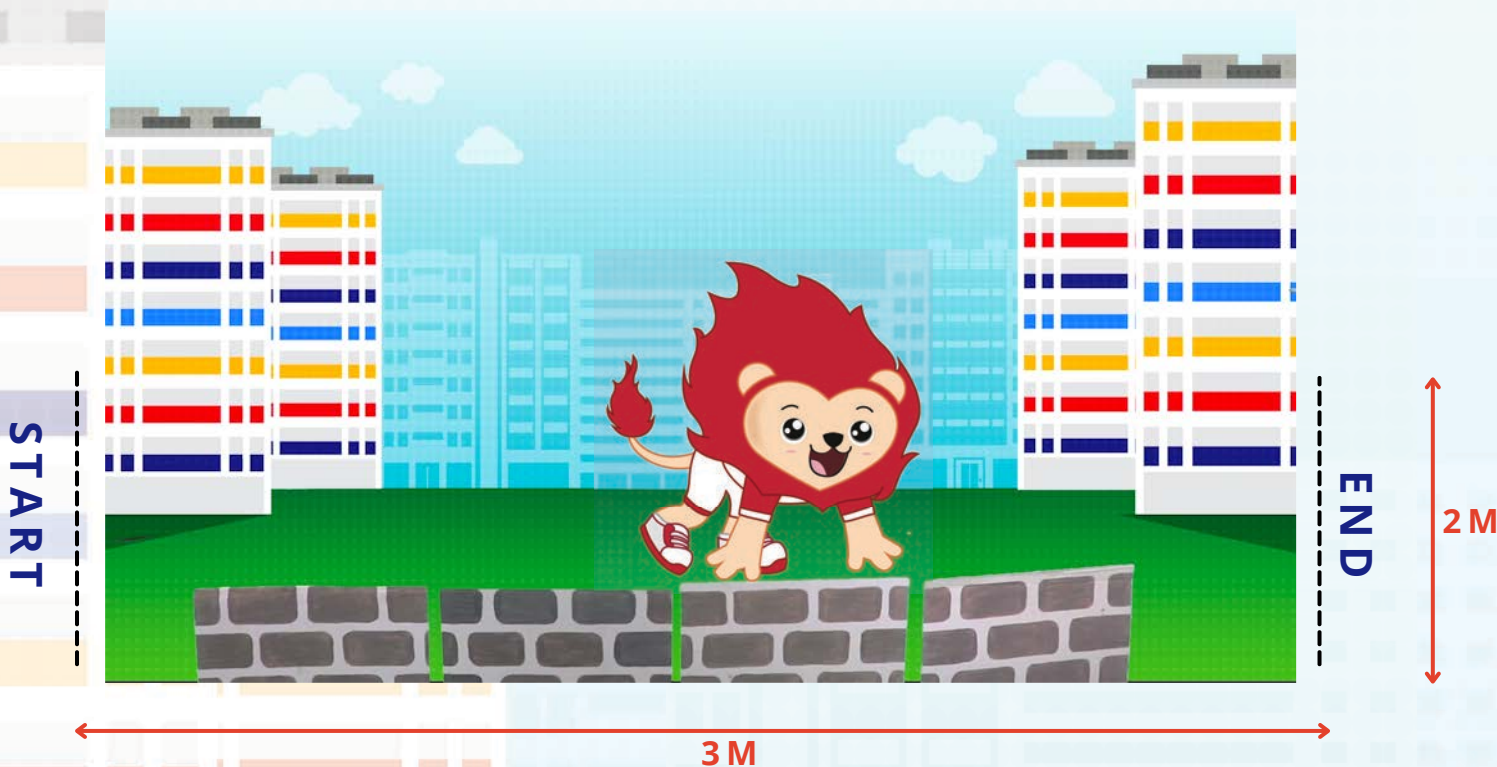
LEVEL 1 (Resource 2)

SUPERHEROES



Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- YOU CAN ALSO SET UP WITH A MIXTURE OF SPORTS AND DIY EQUIPMENT TO SET THE SCENE FOR YOUR SUPERHERO TRAINING.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE BELOW)

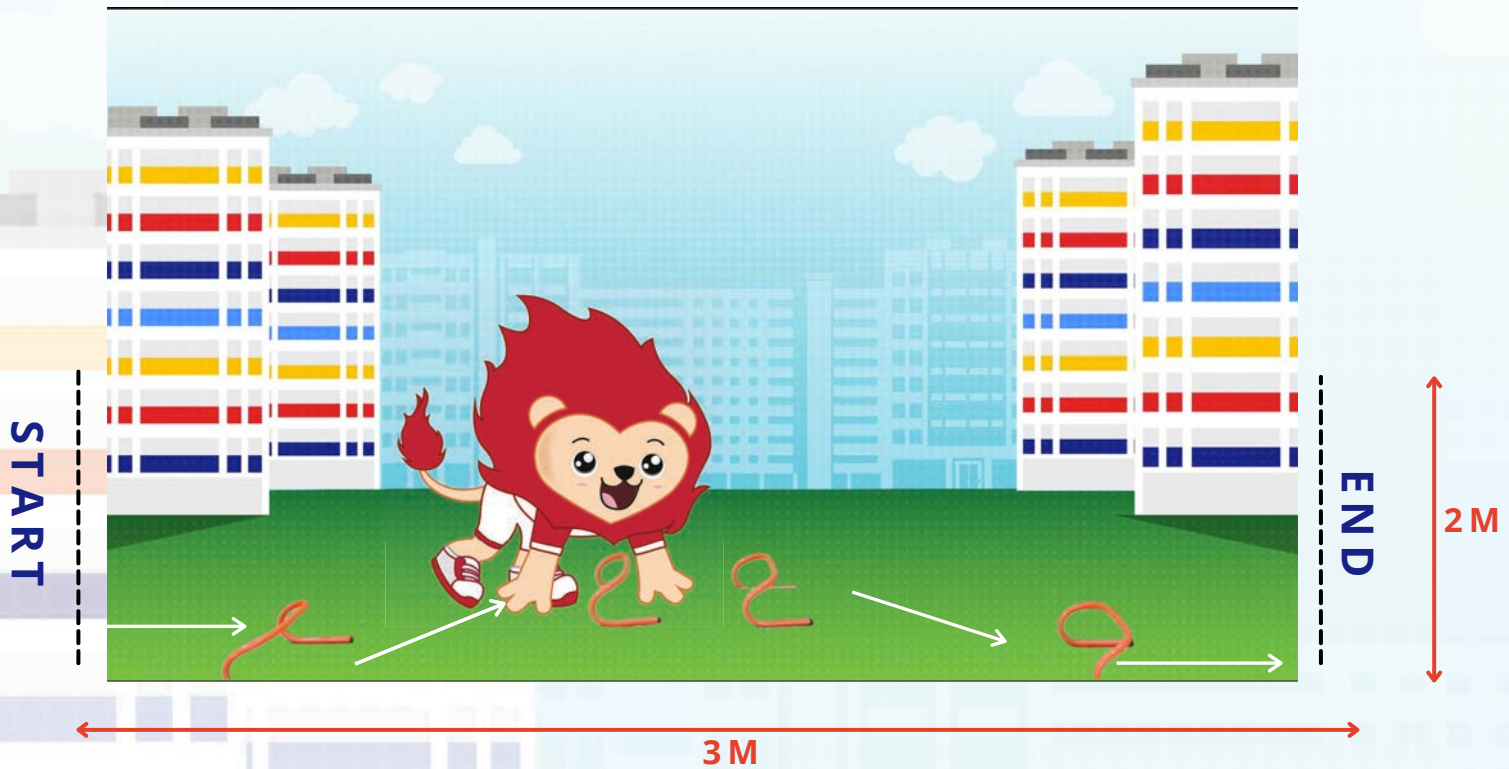


LEVEL 1 (Resource 2)

SUPERHEROES



Activity progression and variation:



- PLACE THE HURDLES IN A ZIG ZAG MANNER TO CHALLENGE THE CHILDREN TO CHANGE DIRECTION AS THEY CRAWL.
- PLACE 2 HURDLES TOGETHER OR EXTEND THE SPACE BETWEEN 2 HURDLES TO 4 FEET TO GET THE CHILDREN TO CRAWL OVER A LONGER DISTANCE.
- TRY CRAWLING BACKWARDS TOO!
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 2) SUPERHEROES



CRAWLING

Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO "STAY STRONG AND CRAWL LIKE SPIDERMAN!".
- GUIDE THE CHILDREN BY REMINDING THEM TO "LIFT YOUR ARMS AND LEGS OVER THE HURDLES/ALONG THE BRICK WALLS!".
- REMIND CHILDREN TO LOOK BACK AND ANTICIPATE THE NEXT HURDLE/BRICK WALL AS THEY CRAWL BACKWARDS. (FOR PROGRESSION/VARIATION ACTIVITY)
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN QR CODE)



LEVEL 1 (Resource 2)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN BRICKWALL!

Create your own brickwall:

1. PREPARE 4 CARDBOARD BOXES THAT HAS SAME WIDTH AS THE LID. IF THIS IS UNAVAILABLE, YOU CAN USE A REGULAR SQUARE BOX AND CUT IT INTO HALF.



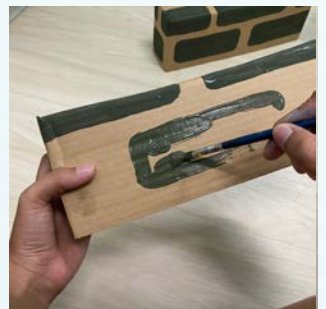
2. TAKE ONE HALF OF THE BOX, UNFOLD AND INVERT IT SO THAT THE DESIGN OF THE BOX IS ON THE INSIDE. THIS WILL MAKE PAINTING THE BRICKS EASIER.



3. CUT IT INTO HALF AND YOU WILL GET 2 BRICK WALLS.



4. PAINT THE BRICK PATTERN ONTO THE BOX.



5. REPEAT STEPS 1-4 AND YOU'RE DONE!

DON'T FORGET TO ADD DETAILS ON THE OTHER 3 FACES OF THE BOX. USE YOUR IMAGINATION TO DECORATE THE WALLS.



ALTERNATIVELY... YOU CAN ALSO PRINT THE BRICK WALL TEMPLATE OUT (ON THE NEXT PAGE) AND FOLD ALONG THE LINES, TO CREATE YOUR OWN BRICK WALL!



*SUGGESTED SIZE - A3 PORTRAIT.

*DO KEEP THE BRICK WALLS AS YOU WILL NEED IT IN THE UPCOMING RESOURCE!

Fold along dotted line

Fold along dotted line

Fold along dotted line

Glue

LEVEL 1 (Resource 2)

SUPERHEROES



Activity 3 - Sliding through the city

Can you move sideways in the city without knocking into any objects? Time to show how nimble you are as a superhero.

Activity Objective:

Sliding - To be able to keep one foot in front of the other as they moved sideways.

What you need:

- CONES



OR

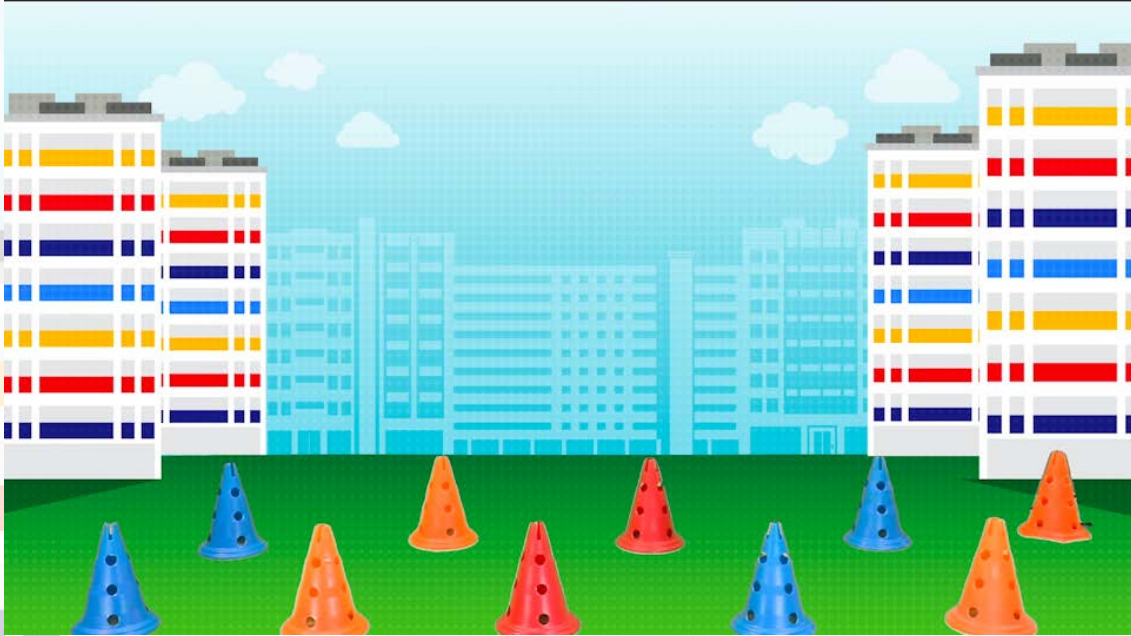
- CARDBOARD BOXES
- PAINT
- PAINTBRUSH
- MASKING TAPE
- PLASTIC BOTTLE (500ML/1.5L)
- NEWSPAPER
- BRICK WALL, MRT, LAMP POST & HDB
- PRINT OUT TEMPLATE (ALTERNATIVELY)



LEVEL 1 (Resource 2) SUPERHEROES

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2021

Set up with sports equipment per lane:



YOU CAN ARRANGE 10 CONES (IN 2 ROWS OF 5) WITHIN THE 3M X 2M PLAY AREA. ENSURE THAT EACH CONE IS 2 FEET APART.

Set up with DIY equipment per lane:



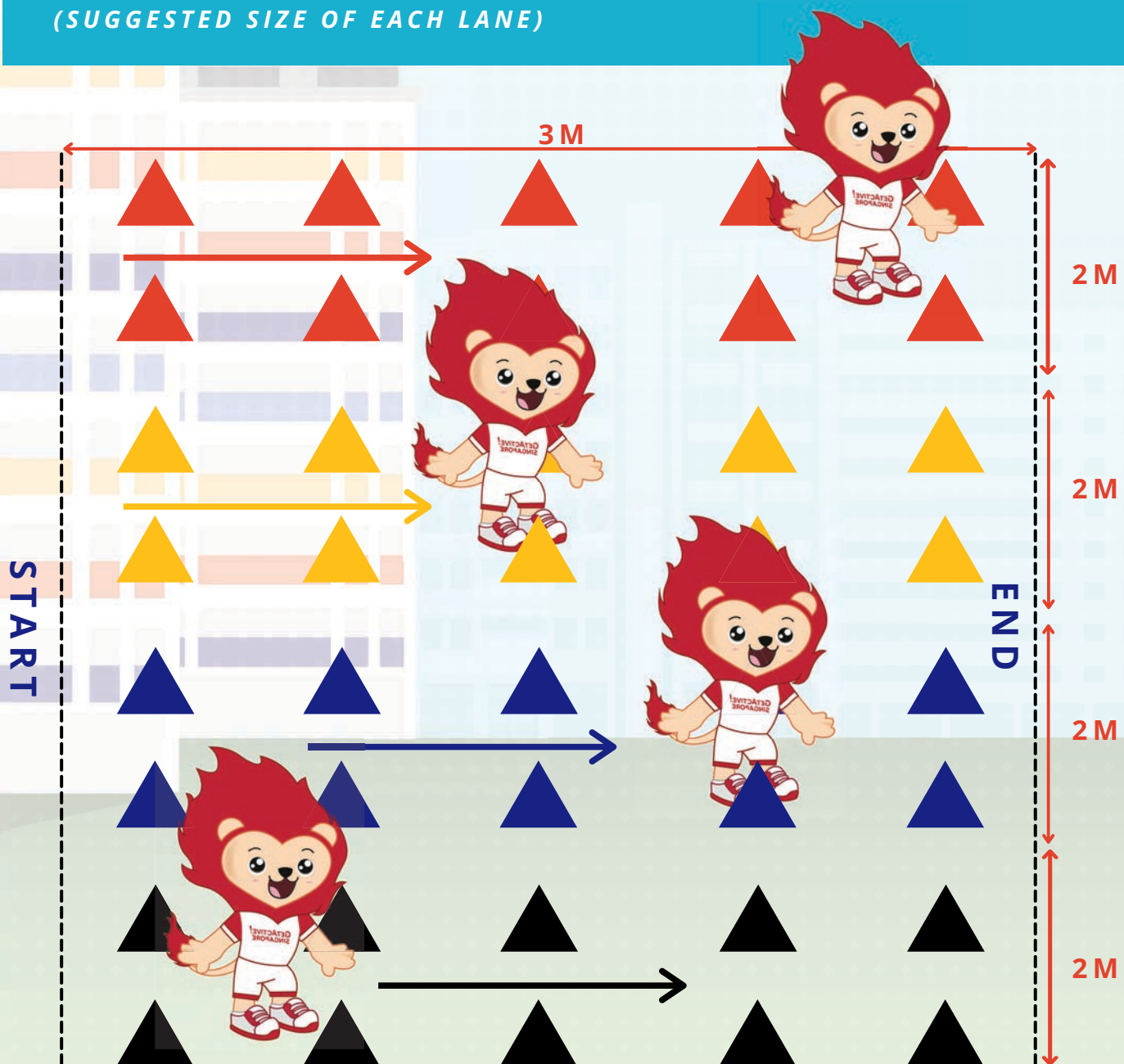
USE YOUR CREATIVITY TO CREATE YOUR OWN CITY SCAPE!

LEVEL 1 (Resource 2) SUPERHEROES



Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.
(SUGGESTED SIZE OF EACH LANE)



LEVEL 1 (Resource 2)

SUPERHEROES



Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



Set Up Tips:

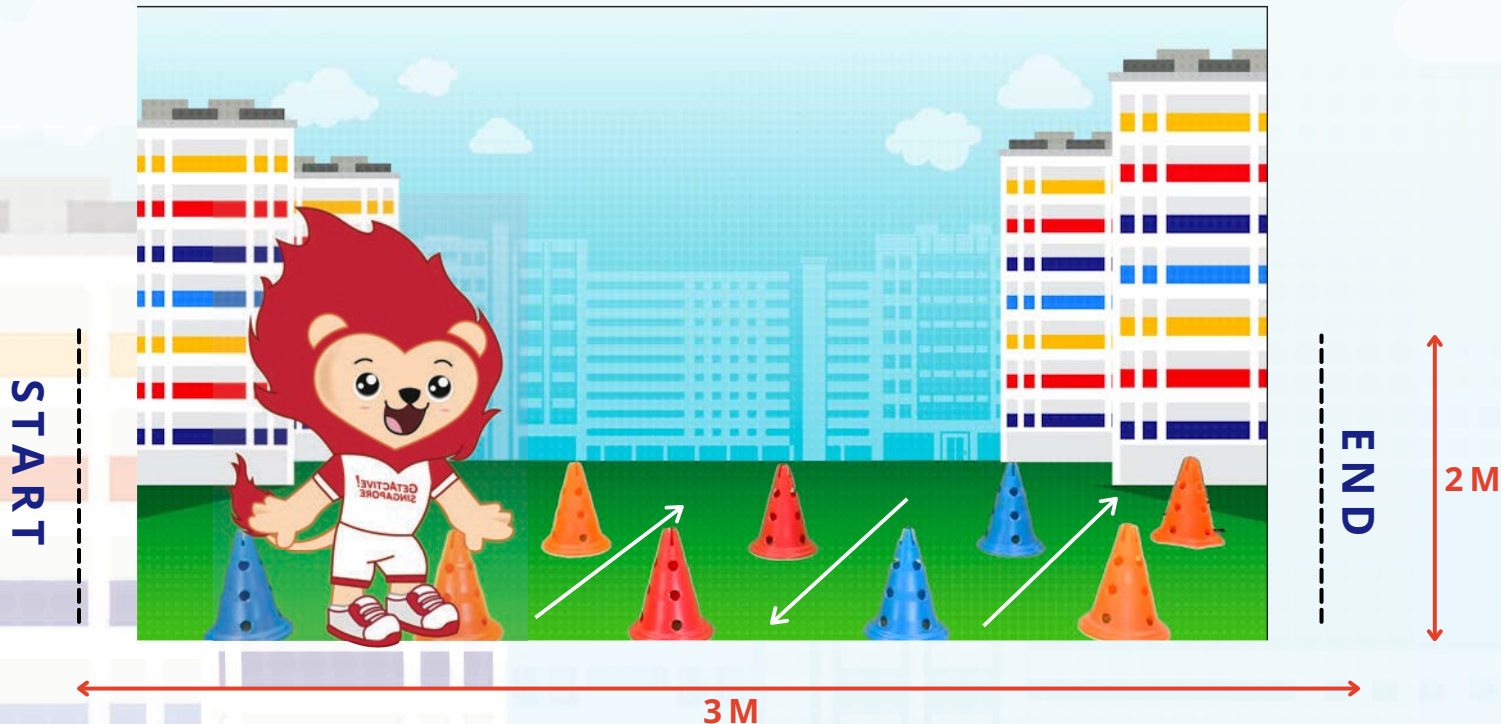
- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- YOU CAN ALSO SET UP WITH A MIXTURE OF SPORTS AND DIY EQUIPMENT TO SET THE SCENE FOR YOUR SUPERHERO TRAINING.
- ENSURE THERE IS SUFFICIENT SPACE BETWEEN EACH OBSTACLE FOR THE CHILDREN TO MOVE.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 2) SUPERHEROES



Activity progression and variation:



- CHALLENGE THE CHILDREN TO SLIDE IN A ZIG ZAG MANNER, IN BETWEEN AND AROUND THE CONES/DIY EQUIPMENTS.
- CHALLENGE THE CHILDREN TO SLIDE FASTER AS THEY GO.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 2) SUPERHEROES



SLIDING

Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO "SLIDE ON ICE LIKE ICEMAN".
- GUIDE THEM WITH THE VERBAL CUE OF "STEP, TOGETHER, STEP, TOGETHER. JUST LIKE A CRAB!".
- ALTERNATE THE COLOUR OF THE NEXT CONE TO HELP THE CHILDREN IDENTIFY THEIR PATH VISUALLY. (FOR PROGRESSION/VARIATION ACTIVITY)
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN QR CODE)



LEVEL 1 (Resource 2)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN LAMP POSTS!

Create your own lamp posts:

1. TAKE AN EMPTY PLASTIC BOTTLE AND FILL IT WITH SOME WATER. DON'T FORGET TO SCREW THE CAP ON TIGHT!



2. GRAB A PIECE OF NEWSPAPER AND ROLL IT AS TIGHT AS YOU CAN. STARTING FROM THE CORNER, DIAGONALLY. ONCE YOU'RE DONE, TAPE THE END TO SECURE IT.



3. FOLD THE ROLLED NEWSPAPER STICK INTO HALF. THEN ALONG 1/3 FROM THE THE BEND, FOLD IT 90DEGREES TO MAKE THE TOP OF THE LAMP POST.



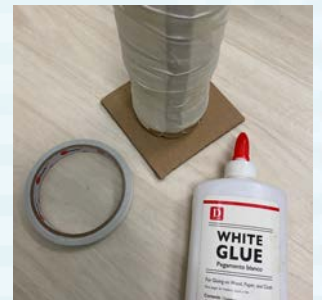
4. USE TAPE TO SECURE THE NEWSPAPER ROLL TO THE BOTTLE. MAKE SURE BOTH SIDES ARE EVEN!



5. GET ANOTHER PIECE OF NEWSPAPER. FOLD IT TILL IT IS A4 SIZE. THEN ROLL AND TAPE IT TO THE LAMP POST STRUCTURE. THIS WILL ADD BODY TO YOUR LAMP POST.



6. CUT A PIECE OF SQUARE CARDBOARD. USE GLUE/DOUBLE SIDED TAPE TO SECURE THE CARDBOARD TO THE BOTTLE. THIS WILL BE THE BASE OF YOUR LAMP POST.

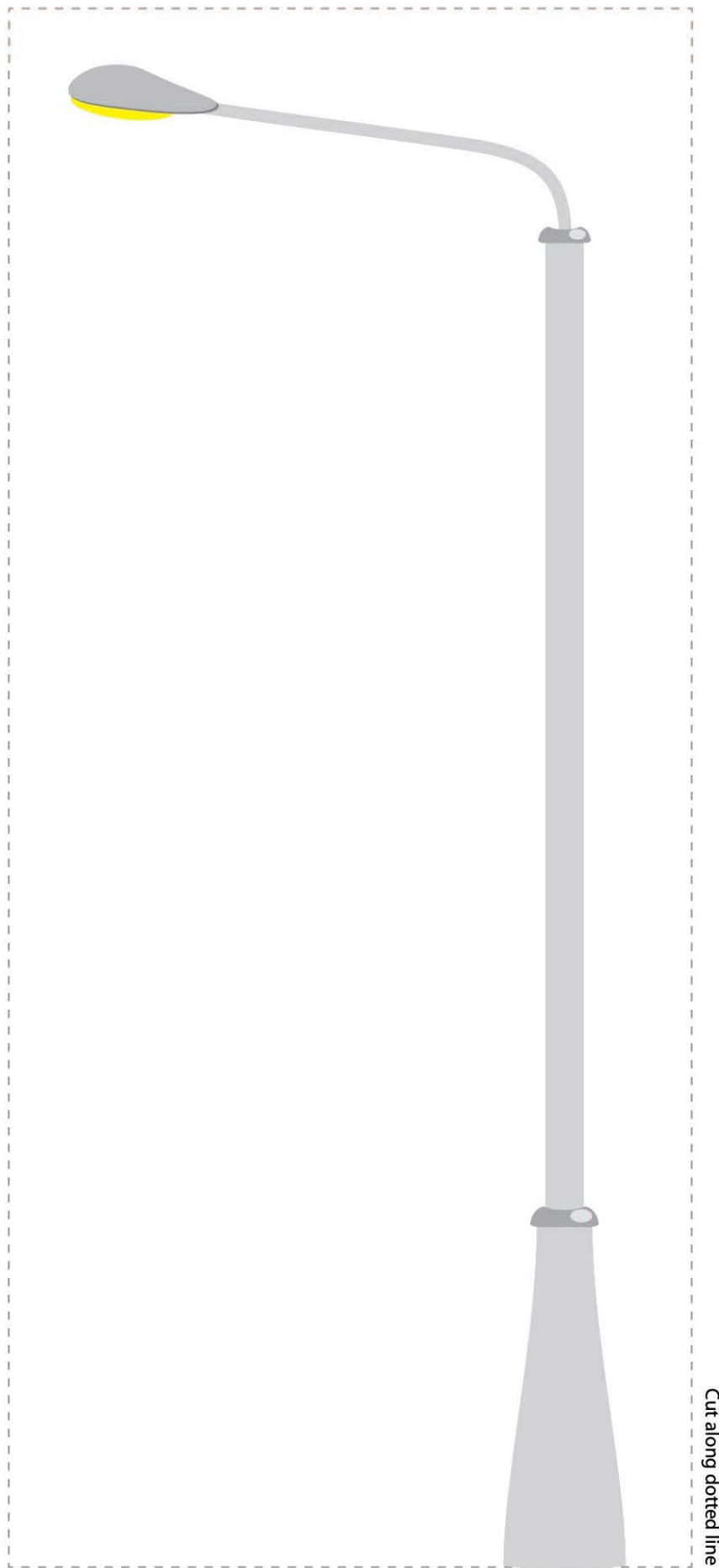


7. PAINT YOUR LAMP POST ANY COLOUR YOU WANT AND WE'RE DONE!

ALTERNATIVELY, YOU CAN PRINT OUT THE LAMP POSTS TEMPLATE, ON THE NEXT PAGE, AND PASTE IT ON A WATER BOTTLE.



**Do keep these lamp posts as you will need it in the upcoming resource!*



Cut along dotted line

LEVEL 1 (Resource 2)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN BRICKWALL!

Create your own brickwall:

1. PREPARE 4 CARDBOARD BOXES THAT HAS SAME WIDTH AS THE LID. IF THIS IS UNAVAILABLE, YOU CAN USE A REGULAR SQUARE BOX AND CUT IT INTO HALF.



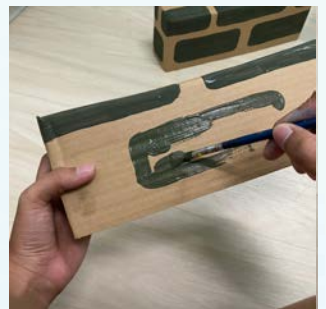
2. TAKE ONE HALF OF THE BOX, UNFOLD AND INVERT IT SO THAT THE DESIGN OF THE BOX IS ON THE INSIDE. THIS WILL MAKE PAINTING THE BRICKS EASIER.



3. CUT IT INTO HALF AND YOU WILL GET 2 BRICK WALLS.



4. PAINT THE BRICK PATTERN ONTO THE BOX.



5. REPEAT STEPS 1-4 AND YOU'RE DONE!

DON'T FORGET TO ADD DETAILS ON THE OTHER 3 FACES OF THE BOX. USE YOUR IMAGINATION TO DECORATE THE WALLS.



ALTERNATIVELY... YOU CAN ALSO PRINT THE BRICK WALL TEMPLATE OUT (ON THE NEXT PAGE) AND FOLD ALONG THE LINES, TO CREATE YOUR OWN BRICK WALL!



**SUGGESTED SIZE - A3 PORTRAIT.*

Fold along dotted line

Fold along dotted line

Fold along dotted line

Glue

LEVEL 1 (Resource 2)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN HDB BUILDINGS!

Create your own HDB buildings:

1. GRAB A CARDBOARD BOX OR A SHEET OF CARDBOARD. CUT IT ACCORDING TO YOUR PREFERRED SIZE.

**SUGGESTED SIZE - A3 (PORTRAIT).*



2. DRAW OUT THE LINES FOR YOUR HDB BUILDING. BE CREATIVE! DESIGN YOUR DREAM HDB BUILDING.



3. WHAT COLOURS WILL YOUR HDB BUILDING BE? UNLEASH YOUR IMAGINATION!



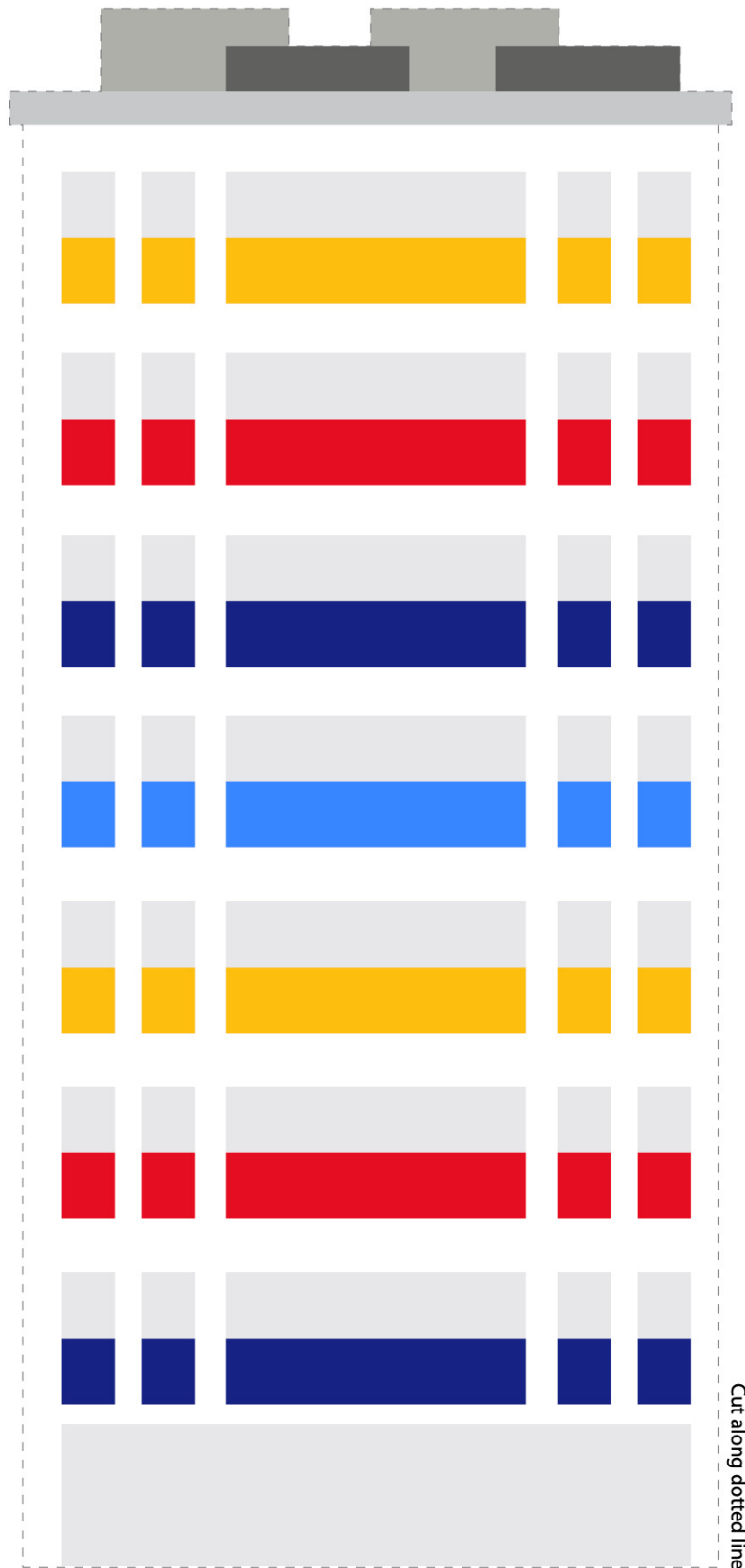
4. USE YOUR CREATIVITY TO PAINT THE HDB BUILDING.

ALTERNATIVELY...

YOU CAN PRINT OUT THE HDB TEMPLATE (A3 SIZE) ON THE NEXT PAGE AND PASTE THEM ONTO THE CARDBOARD BOXES.



**DO KEEP THIS HDB AS YOU WILL NEED IT IN THE UPCOMING RESOURCE!*



Cut along dotted line

LEVEL 1 (Resource 2)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN MRT!

Create your own MRT:

1. PREPARE 4 SHOE BOXES. YOU CAN ALSO USE CARDBOARD PIECES TO MAKE YOUR MRT.

DON'T FORGET TO PRINT OUT THE MRT TEMPLATE. YOU CAN FIND IT IN THE NEXT PAGE.

**SUGGESTED SIZE - A3 PORTRAIT.*

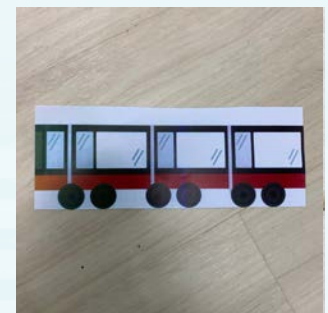
2. CUT OUT THE MRT. USING THIS METHOD, YOU WILL BE ABLE TO CREATE 2 MRT TRAINS OUT OF 1 PRINT OUT TEMPLATE.

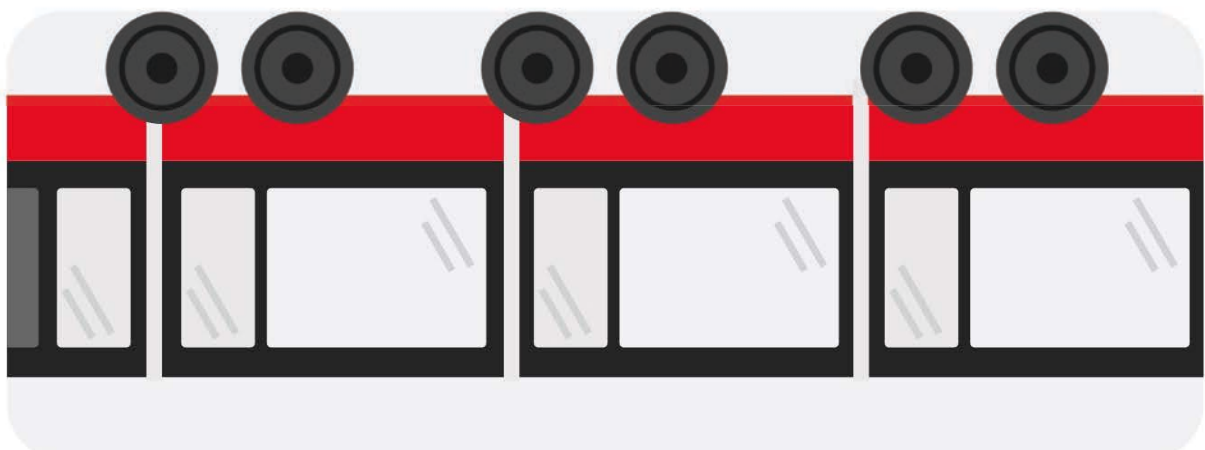
3. PASTE THE MRT TRAINS ONTO YOUR CARDBOARD. LEAVE SOME SPACE BELOW THE TRAIN IF YOU WOULD LIKE TO ADD SOME HEIGHT TO YOUR DIY OBSTACLE.

IF YOU'RE USING SHOE BOXES, PASTE THE MRT CUT OUT ON THE TOP HALF OF THE BOX.

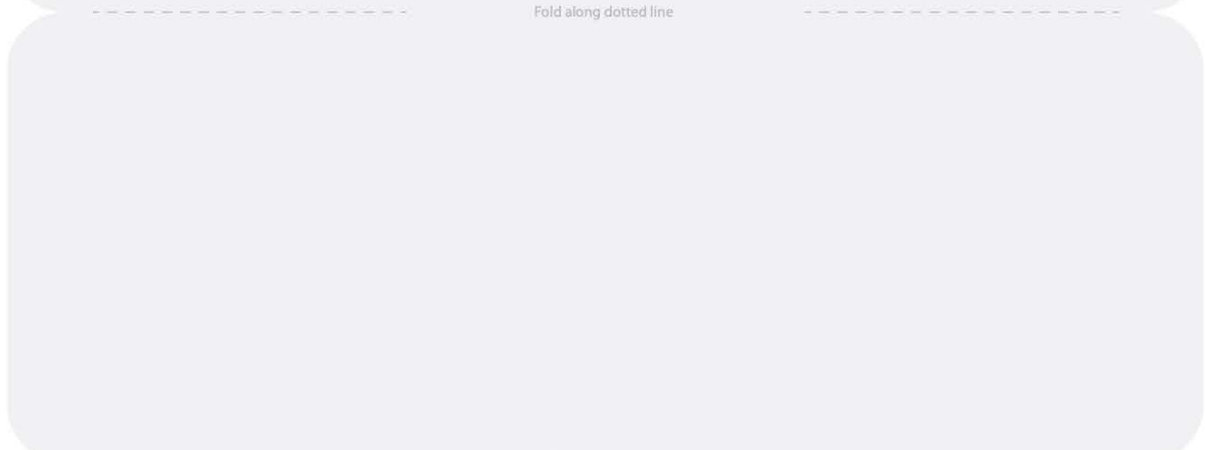
4. ALTERNATIVELY... YOU CAN ALSO FOLD ALONG THE LINES ON THE PRINT OUT, ON THE NEXT PAGE, TO CREATE YOUR OWN MRT!

**DO KEEP THIS MRT AS YOU WILL NEED IT IN THE UPCOMING RESOURCE!*

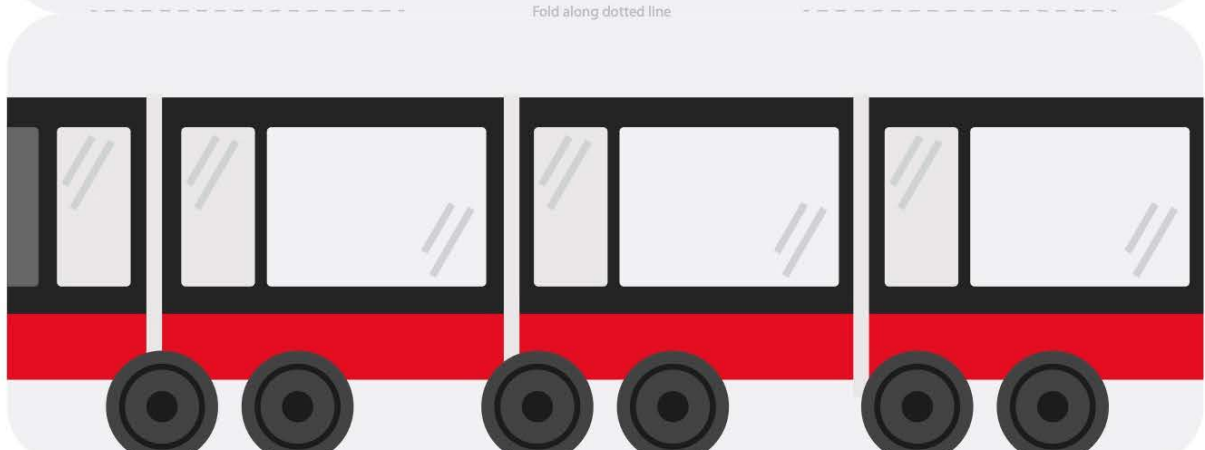




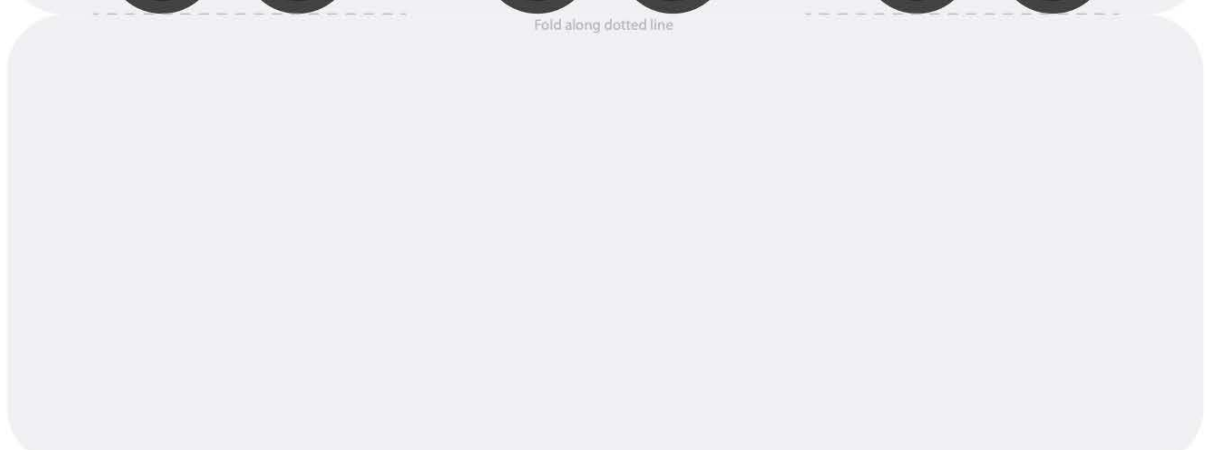
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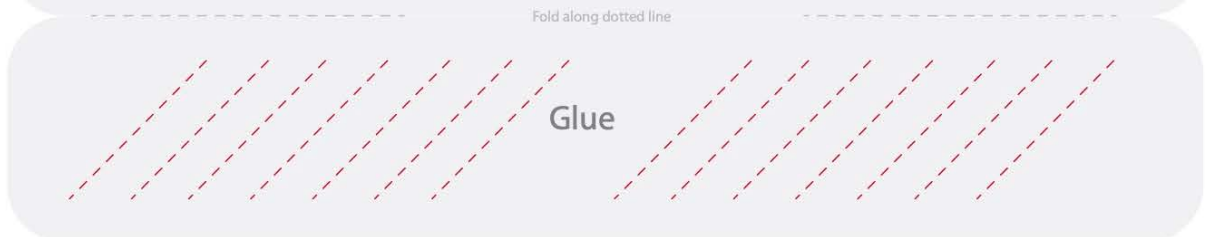
Fold along dotted line



Fold along dotted line



Fold along dotted line



Glue

LEVEL 1 (Resource 2) SUPERHEROES



Congratulations! You did it! Time to cool down...

We will do some Animal stretches and hold each stretch for 20 seconds!

GIRAFFE

PUT 1 HAND ON YOUR HIPS, AND STRETCH UP HIGH AND BEND TO THE SIDE WITH THE OTHER HAND.

HOLD IT THERE AND REPEAT ON THE OTHER SIDE!



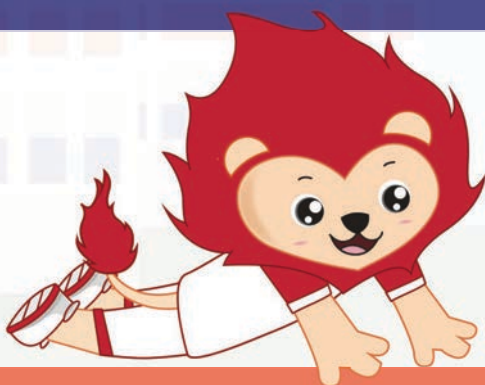
FLAMINGO

BALANCE ON ONE LEG WHILE HOLDING ON TO THE ANKLE OF OTHER LEG AND PULL YOUR HEEL CLOSE TO YOUR BUTT. HOLD IT THERE AND REPEAT ON THE OTHER SIDE



BUTTERFLY

LET'S TAKE A SEAT AND PUT THE SOLES OF YOUR FEET TOGETHER. NOW TRY TO BRING YOUR FOREHEAD CLOSE TO YOUR TOES AND HOLD IT THERE!



SNAKE

LIE ON YOUR TUMMY AND PUSH YOUR CHEST OFF THE GROUND WITH YOUR HANDS. HOLD THE POSITION!



DOG

FORM AN UPSIDE DOWN "V" WITH YOUR ARMS AND LEGS STRAIGHTENED. HOLD IT THERE!