

Challenge Card 15

SUPERHERO BALANCE

Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



CHALLENGE

To hold for the count of 14 on each leg

SQUAT & HOLD

Feet shoulder width apart, bend from the hips and knees into a sitting position

Keep chest up & head forward and hold



CHALLENGE

To hold for the count of 10

BACK BRIDGE SINGLE LEG

Place 2 hands and 1 foot on the floor

Lift up body by pushing hips to the ceiling and keep one leg outstretched



CHALLENGE

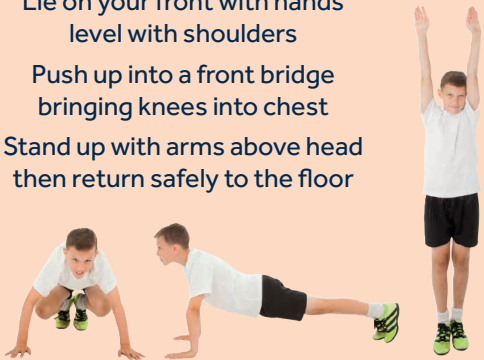
To hold for the count of 14 on each leg

REVERSE GET UPS

Lie on your front with hands level with shoulders

Push up into a front bridge bringing knees into chest

Stand up with arms above head then return safely to the floor



CHALLENGE

To do 20 with correct technique

STAR JUMP/ TOUCH FLOOR

Jump out into a star shape

Jump back in to start position

Bend knees into a crouch position to touch the floor

CHALLENGE

To do 20 with the correct technique



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Challenge!

Can you be active today? What games could you play?