

Challenge Card 12

JOGGING

High knees and drive arms
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 21



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 10 on each leg



HOPPING SIDeways

Stand on 1 leg keep your balance
Hop from side to side bending the knees when landing



CHALLENGE

To do 12 on each leg



SINGLE LEG BALANCE & DIP

Stand on 1 leg with arms out to the side
Bend standing leg and hold



CHALLENGE

Hold at the bottom of the dip for the count of 8 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 16 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

Did you know?

It's really important to get lots of sleep so our bodies can rest and get stronger