

Challenge Card 1

Jogging

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



CHALLENGE



To jog for the count of 10



Front bridge

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE



To hold for the count of 10



Jumping side to side

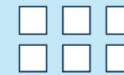
Jump in a sideways direction keeping feet together
Land with soft feet & bent knees



CHALLENGE



To do 10 with the correct technique



SINGLE LEG BALANCE

Stand on 1 leg with arms out to the side
Hold balance by keeping still



CHALLENGE



Hold for the count of 10 on each leg



Star Jumps

Jump with your arms and legs out to make a star shape
Jump back in to start position



CHALLENGE



To do 10 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?

Challenge Card 3

Star JumpS

Jump with your arms and legs out to make a star shape
Jump back in to start position

CHALLENGE

To do 14 with the correct technique



Front bridge

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 18



BACK BRIDGE

Hands and feet only on the floor
Lift up body by pushing hips to the ceiling



CHALLENGE

To hold for the count of 12



Hopping

Stand on 1 leg keeping your balance
Hop up and down landing gently bending knees

CHALLENGE

To do 10 on each leg



Jogging

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

CHALLENGE

To jog for the count of 12



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!

Have you eaten 5 pieces of fruit and veg today?