

Challenge Card 4

Star JumpS

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

CHALLENGE
▽

To do 16 with the correct technique



Jumping side to side

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

CHALLENGE
▽

To do 14 with the correct technique



Arm circles

Create circles by rotating your arms
Make sure your fingertips touch at the top



CHALLENGE ▷

To do 10 both forwards and backwards



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 22



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 14



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

Challenge Card 6

Star JumpS

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

CHALLENGE
▽

To do 18 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Front bridge

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



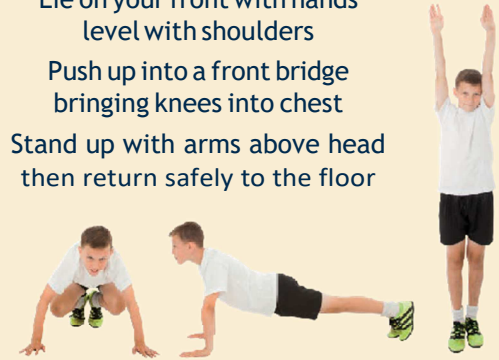
CHALLENGE ▷

To hold for the count of 24

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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 10 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Jumping forwards & backwards

Jump in a forwards/backwards direction keeping feet together
Land with soft feet & bent knees



CHALLENGE ▷

To do 12 jumps in each direction

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Jogging

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



CHALLENGE
▽

To jog for the count of 15

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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

Hearing nice things about ourselves makes us feel good!
Can you say something nice to someone today?