

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?