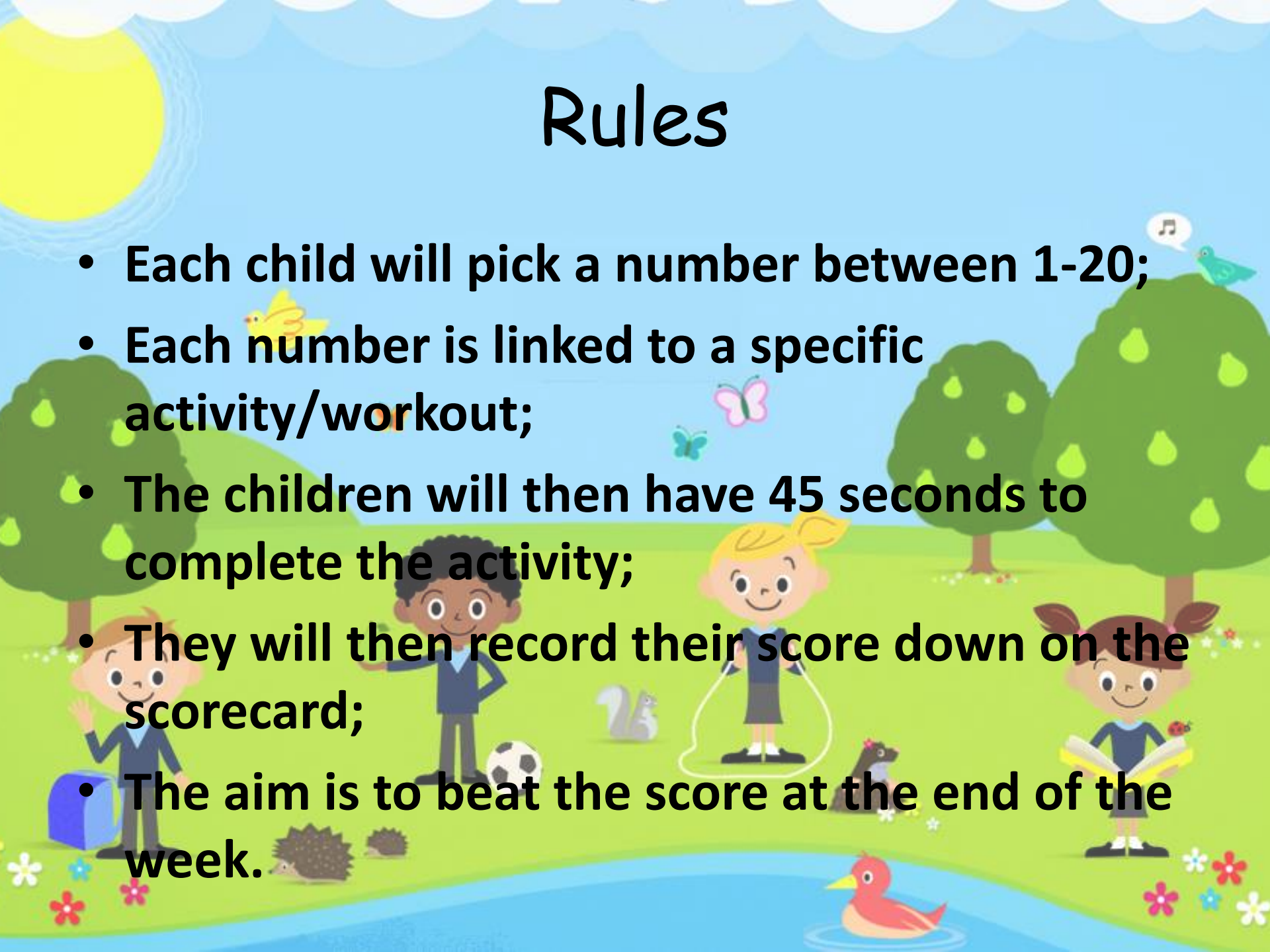


PERSONAL CHALLENGES



Rules

- Each child will pick a number between 1-20;
- Each number is linked to a specific activity/workout;
- The children will then have 45 seconds to complete the activity;
- They will then record their score down on the scorecard;
- The aim is to beat the score at the end of the week.



1

6

11

16

2

7

12

17

3

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13

18

4

9

14

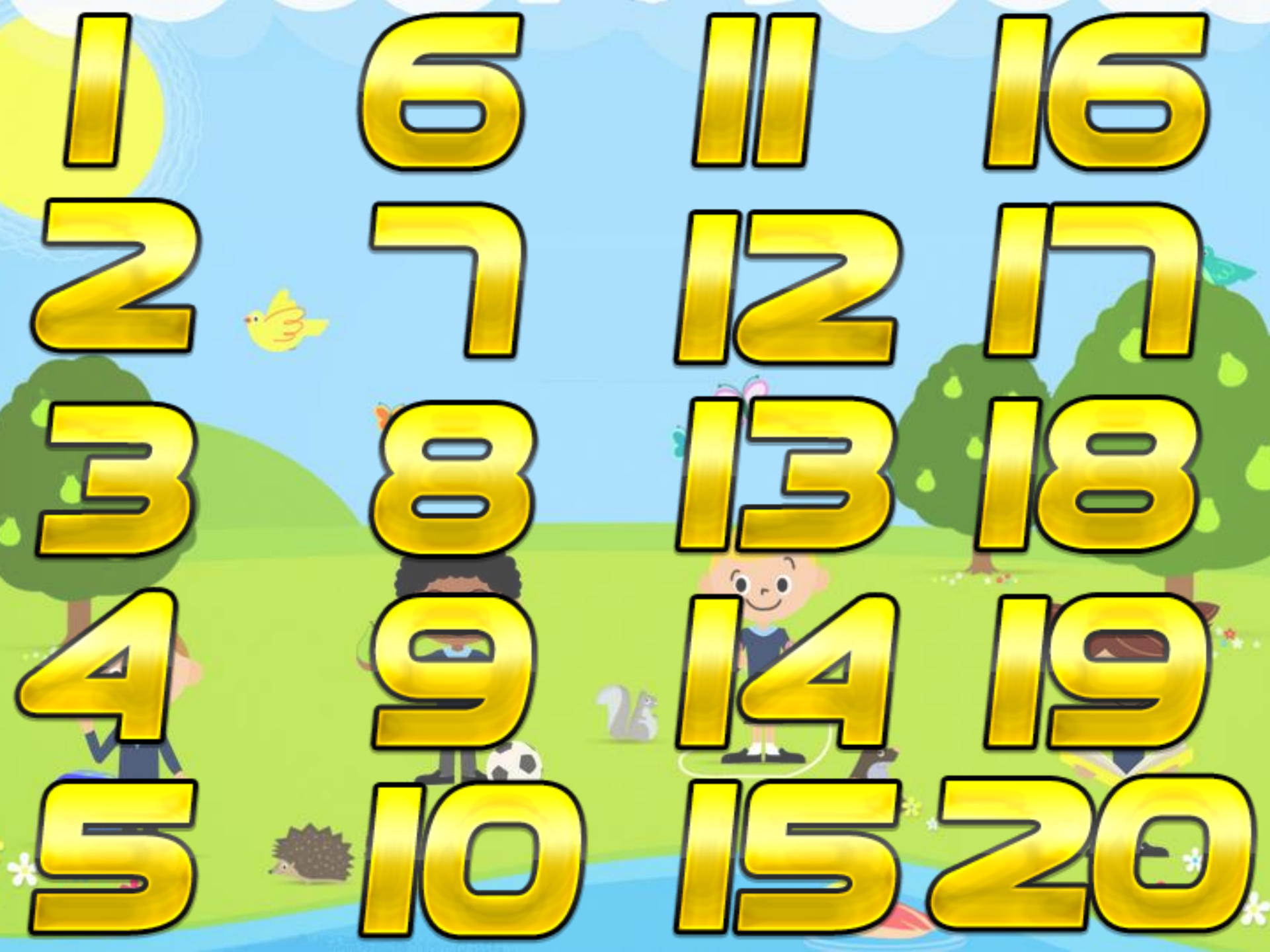
19

5

10

15

20



I PRESS UPS



- Keep your back straight.
- Bring your body down close to the floor, bending your elbows, but leave enough room that you can fit a fist underneath your chest.
- Push your body back up by extending your arms back into a straight position.
- Breathe in as you bring your body down, and breathe out as you push your body back up.
- You will earn 1 point for each complete press up.

45

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2 SIT UPS



WorkoutLabs.com

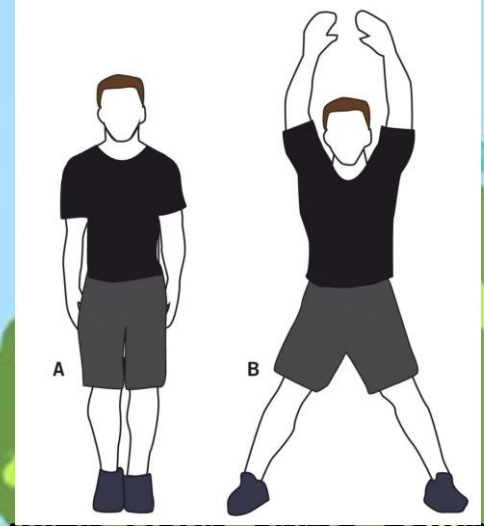
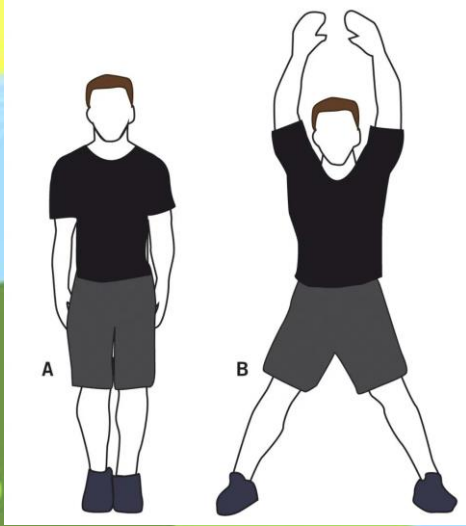
WorkoutLabs.com

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- Lie flat on your back with both your knees up in the air.
- Put your hands on the side of your head or behind your neck, and pull your body up to a sitting position.
- Lower your body back to your starting position.
- You will earn 1 point for each completed sit up.

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3 STAR JUMPS

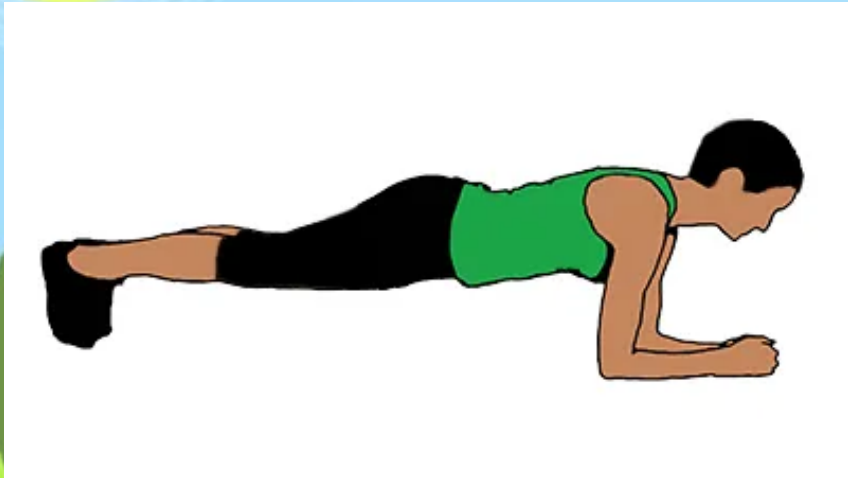


- Start in a standing position, with your arms down by your side.
- As you jump up into the air, stretch your legs out wide, and move your arms into the air - so you are shaped like a star while mid air.
- You must land back on the ground in your starting position. Land with slightly bent knees to give you more power when jumping back up.
- You will earn 1 point for each completed star jump.

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4 PLANK



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- Keep your body straight, make sure your back is not arched at any point.
- Elbows are at a 90° angle.
- You should be able to fit a clenched fist underneath your chest.
- Your score will be how many seconds you are able to last in the plank position.

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5 TUCK JUMPS

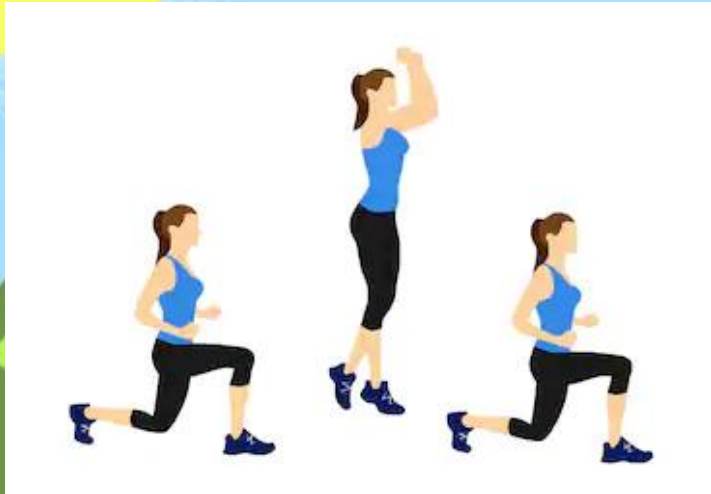


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- Start in a standing position, then bend your knees slightly to gain power to jump up.
- When you are in the air, lift your knees up towards your body, into a 'tuck shape'.
- On landing, make sure your knees are slightly bent as this will help you quickly bounce back up into the air.
- You will earn 1 point for each completed tuck jump

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6 JUMPING LUNGES

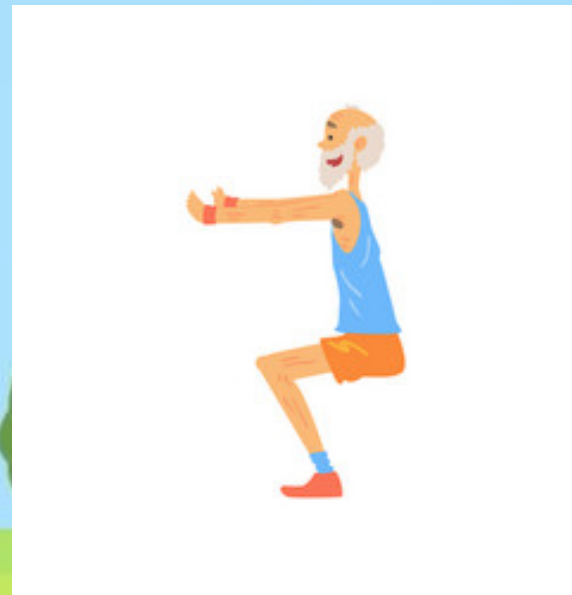


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- Start in an upright, standing position.
- When you lunge down, your knee needs to be at a 90° angle.
- Hold the lunge down for a couple of seconds before you jump up and lunge down on the other leg.
- You will earn 1 point for each full set on lunges you complete.

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7 SQUAT HOLD

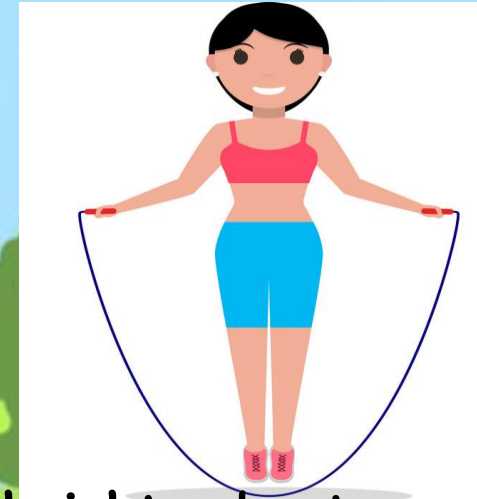
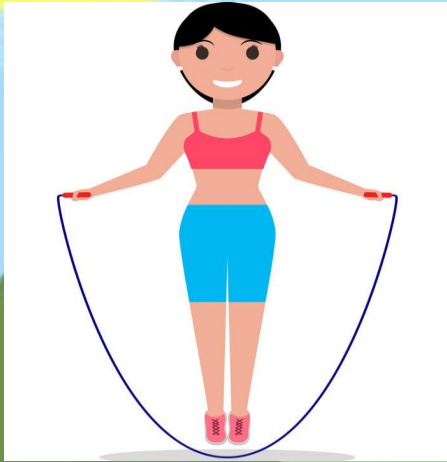


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- You will go into the squat position - straight back, legs at a 90° angle.
- When the timer starts, you have to stay in that position for as long as possible.
- Your score will be how long you are in the squat hold position.

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8 SKIPPING



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- Hold the handles at waist height, about 30cm away from your body.
- Use your hands and wrists to swing the skipping rope over your head - try not to move your arms!
- Hop over the rope as it goes underneath your feet - try and stand on your tip toes when your jump.
- You will earn 1 point for each completed skip.

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9 SPEED BOUNCE

NB: If you don't have a speed bounce mat, you can also use a cone to place in the middle.



- Start on one side of the mat, both feet should be together before starting.
- You have to jump over the middle barrier onto the other side of the mat, and then back over to the starting point.
- Both feet must stay together when jumping over, and you must land on both feet.
- Keep your knees bent when landing to allow for more power when jumping back.
- You will earn 1 point for each jump over the middle barrier.

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10 SCANDING SCORK



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- Start with both feet flat on the floor, then lift your hands to your waist. Place your weaker leg on the inside of the opposite knee.
- When the stopwatch starts, stand on your tiptoes of your strong leg.
- Your score is how long you are able to stand on your tiptoe without the ball of your foot touching the floor or your weaker leg losing contact with the knee.

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III HOPPING

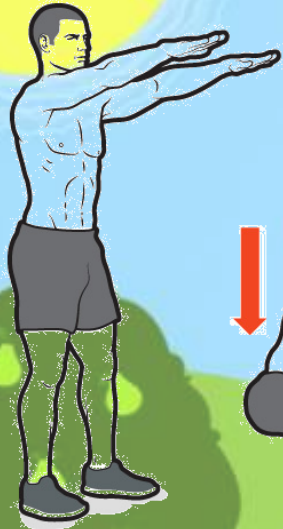


- Stand on your strong leg, with your weak leg bent in the air.
- Keep your body still and your eyes focused forward.
- Bend your strong leg and then push off the ball of your foot.
- You will take off and land on the same foot and make sure your knee is slightly bent when you land.
- You will earn 1 point for each completed hop.

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12 AIR SQUATS

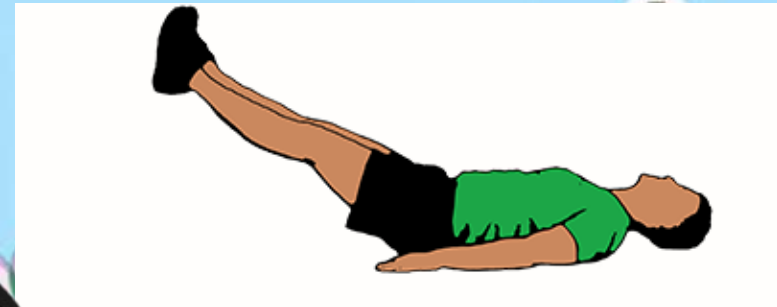
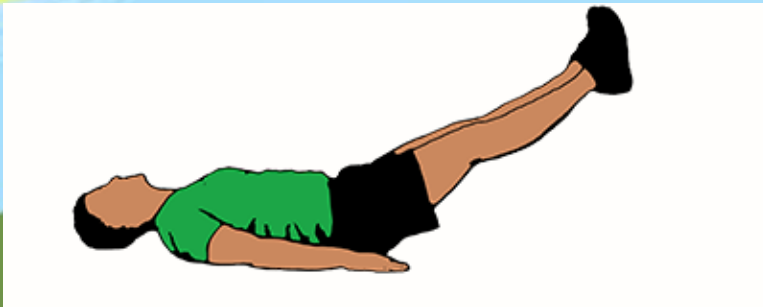


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- Start in a straight, standing position. Keep your back straight when you squat down.
- Your knees must be at a 90° angle & then hold it there for 3 seconds.
- You will earn 1 point for each completed squat.

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13 LEG RAISES

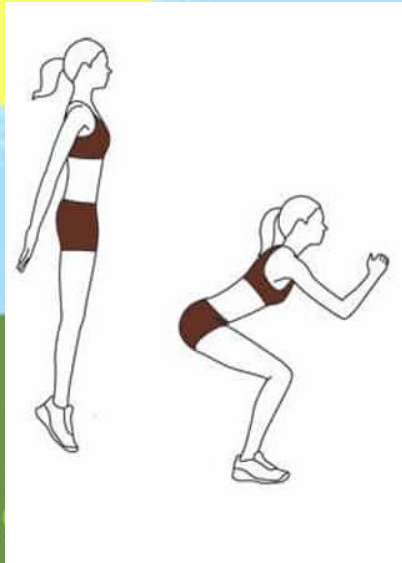


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- Lie down on the ground, then lift you legs about 6 inches (15cm) off the ground.
- Once your legs are in the air, make sure you back stays flat on the ground.
- You score is how long you are able to hold your legs in the air, at the correct height.

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14 SQUAT JUMPS

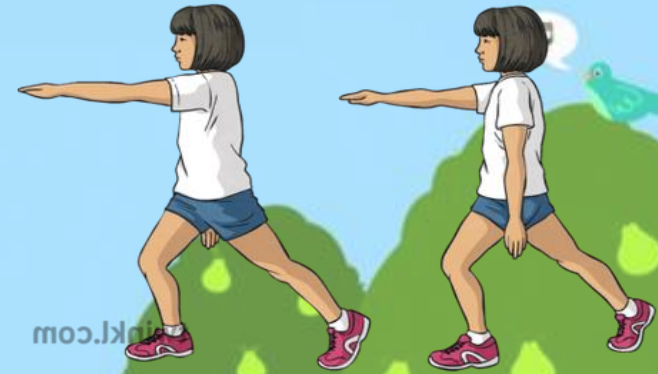
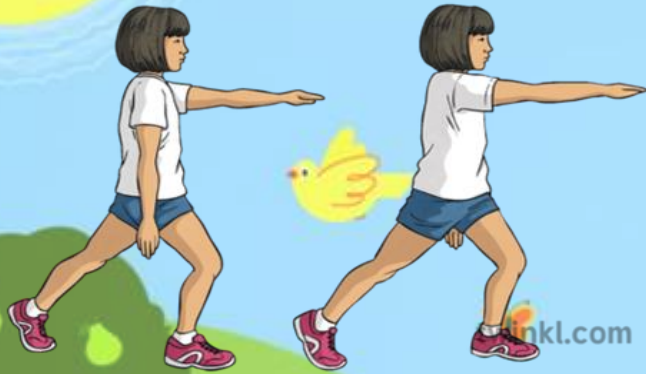


- Start in a straight, standing position.
- Keep your back straight when you squat down - your knees must be at a 90°.
- Once you have gone down into the squat position, you jump up into a pike position mid air.
- Instead of landing like you normally do, you will go straight back into the squat position.
- You will earn 1 point for each completed squat jump.

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IS SPOTTY DOG

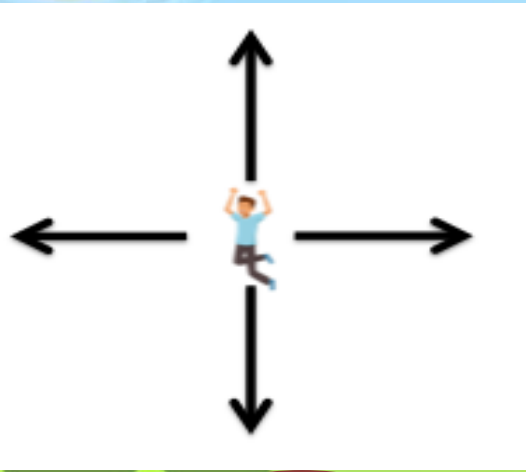


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- Start by striding one leg in front of the other, this will be your starting position.
- Lift your opposite arm up in the air (your right arm is in the air when your left leg is at the front & your left arm is in the air when your right leg is at the front).
- Staying on the same spot, you will alternate your legs, making sure your front knee doesn't go too far forward.
- You will earn 1 point for each completed jump.

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16 BOX JUMPS



- Start by standing on a spot (making sure you have enough room to jump in different direction)
- To complete a full box jump, you need to jump forwards, then to the right, then to the left, and finally jump back.
- You should start and finish in the same spot.
- You will earn 1 point for each completed box jump.

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IN HIGH KNEES

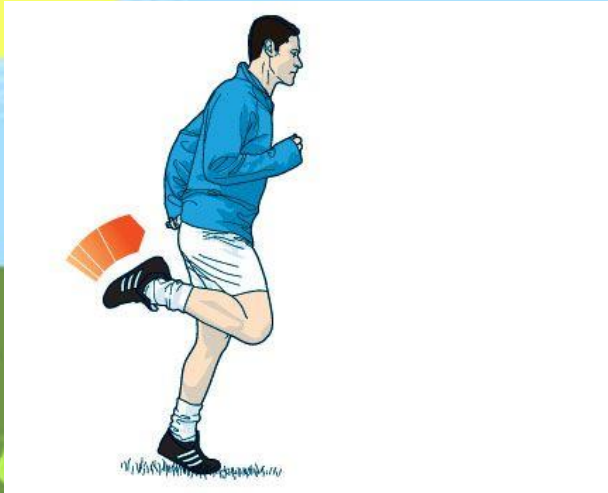


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- Stand up straight, with your feet at shoulder width apart.
- Place your hands, palms down, hovering around your belly button.
- Quickly bring your right knee up to touch your right hand, then once it has come back down, then bring your left knee up to touch your left hand.
- You will gain 1 point for each time your knee touches your hand.

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18 HEEL FLICKS

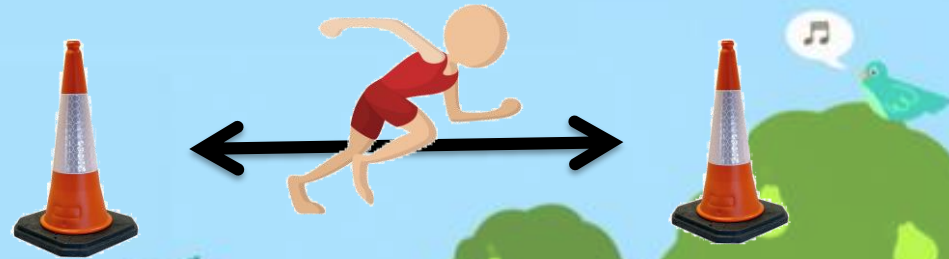


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- Stand in an upright position.
- Bring one heel off the floor, and move the opposite arm at the same time.
- Then alternate your heels and arms, trying to get your heel as high up as possible.
- You will earn 1 point for each time your heel is flicked up.

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19 SHUTTLE RUNS

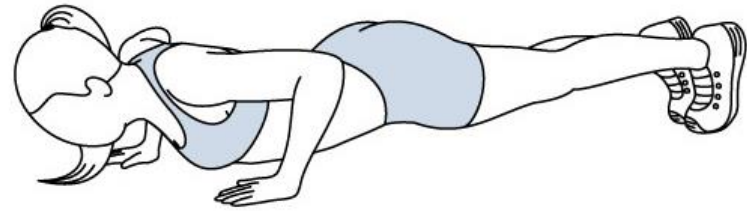


- Mark out 2 sets of cones, 5m apart from one another.
- The participant will start at one set, when they hear the word 'GO' they must start running.
- The aim is to carry on running from 1 cone to the other as many times as possible until time is up.
- You will earn 1 point for each completed run.

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20 KILLER PRESS UP



- You will start in the original press up position, with your arms extended out.
- Then bring your body down towards the ground, bending your arms so you would be able to fit a fist underneath your chest.
- You must hold your body in that position for as long as possible.
- Your score will be how long you can hold yourself in that position.

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Results

Email your results and pictures or videos to Mrs Williams and Mr Griffin via the PE email address: P@peartreespring.herts.sch.uk

