

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

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



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

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



ARM CIRCLES

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

CHALLENGE

To do 10 both forwards and backwards

<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 22

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

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

<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

Did you know?

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