

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

<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 10

<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 10 with
the correct
technique

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

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

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

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

<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

Challenge!

Can you be active today? What games could you play?