

# Challenge Card 3

## STAR JUMPS

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

### 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"/>



## 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 18

<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 12

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



## HOPPING

Stand on 1 leg keeping your balance  
Hop up and down landing gently bending knees

### CHALLENGE

To do 10 on each leg

<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 12

<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!**

Have you eaten 5 pieces of fruit and veg today?