

Challenge Card 7

SUPERHERO BALANCE

Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



CHALLENGE

To hold for the count of 8 on each leg

WINDMILL

Bend forwards from the hips
Keep arms out wide like an aeroplane
& move hand to opposite ankle
Bend knees slightly to touch ankle



CHALLENGE

To touch each ankle 8 times

JUMPING FORWARDS & BACKWARDS

Jump in a forwards/backwards direction keeping feet together
Land with soft feet & bent knees



CHALLENGE

To do 14 both forwards and backwards

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 18

STAR JUMP/ TOUCH FLOOR

Jump out into a star shape
Jump back in to start position
Bend knees into a crouch position to touch the floor

CHALLENGE

To do 12 with the correct technique



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?