

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?

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?

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"/>



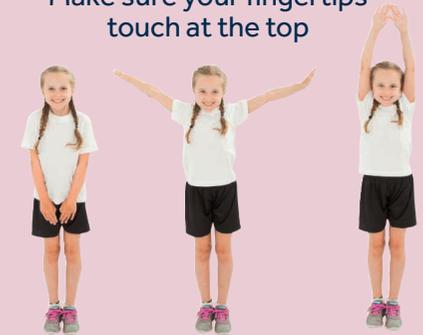
ARM CIRCLES

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

Challenge Card 6

STAR JUMPS

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

CHALLENGE

To do 18 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 24

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

REVERSE GET UPS

Lie on your front with hands level with shoulders
Push up into a front bridge bringing knees into chest
Stand up with arms above head then return safely to the floor



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"/>

JUMPING FORWARDS & BACKWARDS

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



CHALLENGE

To do 12 jumps in each direction

<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 15

<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

Hearing nice things about ourselves makes us feel good!
Can you say something nice to someone today?

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

<input type="checkbox"/>					
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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

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

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

<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 18

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

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

<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?

Challenge Card 11

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 12 on each leg

<input type="checkbox"/>					
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REVERSE GET UPS

Lie on your front with hands level with shoulders

Push up into a front bridge bringing knees into chest

Stand up with arms above head then return safely to the floor



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 ONE ARM

Hands and feet only on the floor

Lift up and hold body keeping back and arms straight. Lift up one arm keeping your body straight and still



CHALLENGE

To hold for the count of 10 on each arm

<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 18 with the correct technique

<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 22 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

Did you know?

Our heart keeps blood and oxygen moving around our body. You can look after it by eating a good diet and getting 60 minutes of exercise each day!

Challenge Card 12

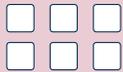
JOGGING

High knees and drive arms
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 21



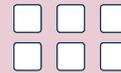
BACK BRIDGE SINGLE LEG

Place 2 hands and 1 foot on the floor
Lift up body by pushing hips to the ceiling and keep one leg outstretched



CHALLENGE

To hold for the count of 10 on each leg



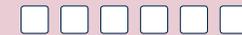
HOPPING SIDWAYS

Stand on 1 leg keep your balance
Hop from side to side bending the knees when landing



CHALLENGE

To do 12 on each leg



SINGLE LEG BALANCE & DIP

Stand on 1 leg with arms out to the side
Bend standing leg and hold



CHALLENGE

Hold at the bottom of the dip for the count of 8 on each leg



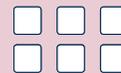
REVERSE GET UPS

Lie on your front with hands level with shoulders
Push up into a front bridge bringing knees into chest
Stand up with arms above head then return safely to the floor



CHALLENGE

To do 16 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

Did you know?

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