

BALANCE CHALLENGE

GET A BLIND FOLD.
CHOOSE YOUR STRONGEST LEG.
HOW LONG CAN YOU BALANCE ON ONE LEG BLINDFOLDED?



PLANK PARTNER PERFECTION!

**MAKE A FRONT SUPPORT OPPOSITE
YOUR PARTNER.**

WHEN YOU ARE BOTH READY SAY GO.



**HOW MANY HIGH FIVES CAN YOU DO IN
ONE MINUTE?**

BOOK BALANCING

be careful



NO HANDS
ALLOWED

be careful



STAY
HOME

1 - HOW FAR CAN YOU WALK
WITHOUT THE BOOK FALLING
OFF YOUR HEAD?



2 - HOW LONG CAN YOU STAND ON
ONE LEG WITHOUT THE BOOK
FALLING OFF?

PIC•COLLAGE



HOW MANY
BUNNY
HOPS CAN
YOU DO IN
A MINUTE?

START AND FINISH EACH
JUMP WITH YOUR HANDS
AND FEET ON THE FLOOR.

HOW FAR
CAN YOU
TRAVEL
WITH
BUNNY
HOPS?



PIC·COLLAGE

YOU NEED A CHAIR.

YOU NEED A STOP WATCH.

**COUNT HOW MANY TIMES YOU CAN SIT DOWN
THEN STAND UP IN ONE MINUTE.**



**YOU CAN
DO THIS IF
YOU HAVE
STRONG
LEGS.**

How long can you hold a plank for?



Keep your body straight like a plank and hold still for as long as you can.



Not quite an egg & spoon race

Ask your adult what you can use. It could be an apple, potato or anything else round.

How many laps of your garden or living room can you do in a minute without dropping your egg?



PIC-COLLAGE

*How gracefully can
you roll onto your back
and stand back up?*



SKIPPING CHALLENGE



**HOW MANY SKIPS
CAN YOU DO BEFORE
YOU STOP?**

PIC-COLLAGE

How far can you jump?



STANDING LONG JUMPS

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Start with your feet together

Jump forward keeping your feet together

How far did you jump?

PIC•COLLAGE

Taekwondo Challenge

Choose your level,
Record your performance.



Pro level: How many sets can you perform in 60 seconds?

Amateur Level: How many sets can you perform in 30 seconds?

Fun Level: Perform the moves to your favourite music. Can you keep going until the end?



**How many times can
you bounce a ball on a
tennis racket before it
falls off?**



**You can always use a frying
pan and socks in a ball**

PIC-COLLAGE

THROW & CLAP



HOW MANY
TIMES CAN
YOU CLAP
BETWEEN
THROWING
A BALL IN
THE AIR
AND
CATCHING
IT AGAIN?

YOU CAN USE A PAIR OF SOCKS
IF YOU DON'T HAVE A BALL.

PIC•COLLAGE



Washing line challenge



How quickly can you
peg 5 items on a
washing line?



Every item
has to have
at least 1
peg.



PIC•COLLAGE