

Challenge Card 10

JUMPING FORWARDS & BACKWARDS

Jump in a forwards/backwards direction keeping feet together

Land with soft feet & bent knees



CHALLENGE ▷ To do 16 jumps in each direction

BOX STEPS

Step forwards 1 step at a time

Step backwards 1 step at a time



CHALLENGE ▷ To do 20 each way

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 22

HOPPING SIDWAYS

Stand on 1 leg keep your balance

Hop from side to side bending the knees when landing



CHALLENGE ▽ To do 10 on each leg

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 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?

Foods with carbohydrates give our body energy which helps with exercise!