
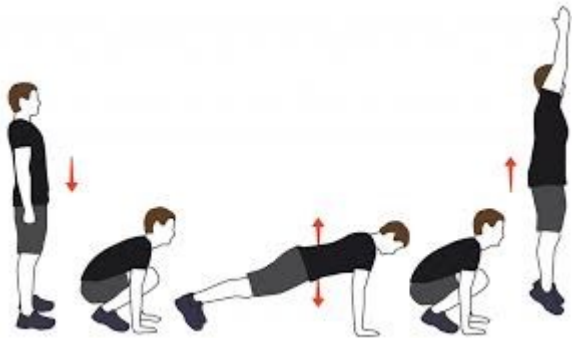





KS2

<u>Challenge</u>	<u>Task</u>
<p>Challenge 1- Shoulder Taps</p>  <p>twinkl.com</p>	<p>How many shoulder taps can you do in 1 minute?</p> <p>Remember- Try to keep your body as still as you can, while tapping your shoulder.</p> <p>You can alternate between both arms if you like but if not stay on the same side.</p> <p>Question-List 3 different sports shoulder taps would help?</p>
<p>Challenge 2- Jumping and Burpees</p> 	<p>How many times can you jump over your soft object and complete a burpee?</p> <p>Remember- Jump over the object first and then complete your burpee.</p> <p>Try not to rush this challenge and demonstrate the correct positions during each burpee.</p> <p>Idea- How could you make this exercise more difficult?</p>
<p>Challenge 3 – Plank</p> 	<p>How long can you hold a plank position for?</p> <p>Remember- Keep your body in a straight line, try to keep your legs straight and hold the position as still as you can.</p> <p>See if you can repeat this exercise each day. Write down your time to see if it increases.</p> <p>Research- Find out who currently holds the World Record for holding plank the longest.</p>