



# EYFS & KS1

<u>Challenge</u>	<u>Task</u>
<p><b><u>Challenge 1– Lunges</u></b></p> 	<p><b>How many step or jump lunges can you complete in a minute?</b></p> <p>Remember- Bend both your front and back leg, keep your upper body as straight as you can and look forward while you are completing a lunge. Try to do the same amount of lunges on each leg.</p> <p><b>Question-</b>  <b>What sport could lunges help you with?</b></p>
<p><b><u>Challenge 2– Sit-Ups</u></b></p> 	<p><b>How many Sit-Ups can you do in a row?</b></p> <p>Remember- You can either do full sit-ups or baby crunches. Sit-ups is a great exercise to improve our stomach muscles. You could also try side crunches, moving from side to side, while holding a soft toy/ object.</p> <p><b>Idea–</b>  <b>See if you can draw yourself completing this exercise.</b></p>
<p><b><u>Challenge 3-Press-Ups</u></b></p> 	<p><b>How many Press-Ups can you do in a row?</b></p> <p>Remember- You can complete this challenge in front support position or you can complete this challenge on your knees. Try to keep your body in a straight line, while bending your arms each time you complete the movement.</p> <p><b>Research-</b>  <b>How many different sports do you know?</b></p>