

Instructions

Choose five challenges from the diagram below to complete.

Plank Challenge- Hold the plank position for as long as you can and record your time.

Keppy uppy- How many times can you keep the ball up without it touching the ground?

Mountain Climbers- How many mountain climbers can you complete in 60 seconds.

Figure or eight ball pass- How many times can you pass a ball through your legs in a figure eight action in 60 seconds?

Star Jumps – How many star jumps can you do in 60 seconds?

Sit ups- How many sit ups can you do in 60 seconds?

Ball Pong- How many times can you bounce a ball into a container in 60 second? **(You must be 2 metres away from the container)**

Burpee- How many burpee's can you do in 60 seconds?

Sport related Tik Toc- Can you perform/create a sport related Tik Toc **(no inappropriate songs allowed)**

Forward roll/ Handstand- Can you perform a forward roll or handstand? How long can you hold a handstand for?

If you are completing the challenges virtually please record your attempt and email it to- info@sandhillview.com **Please let us know your name and primary school you attend.**

Plank



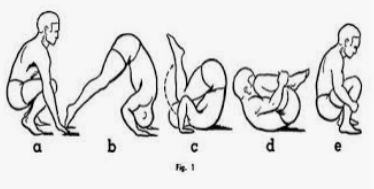
Keepy uppy



Mountain Climbers



Forward roll or handstand



Choose five challenges to complete!

Figure of eight ball pass



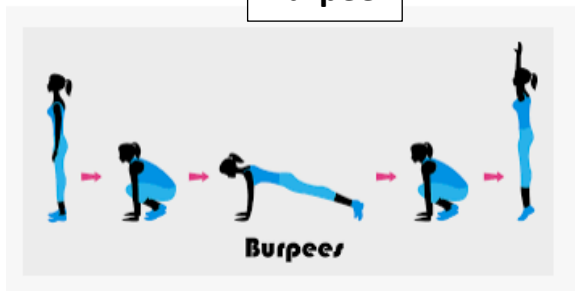
Sport related Tik Tok



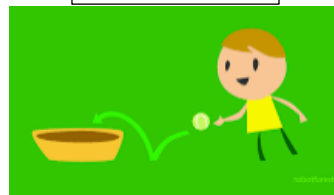
Star Jumps



Burpee



Ball pong



Sit ups

