

Challenge Card 13

HOPPING SIDWAYS

Stand on 1 leg keep
your balance

Hop from side to side
bending the knees
when landing

CHALLENGE

To do 15 on
each leg

☐ ☐ ☐ ☐ ☐ ☐


WINDMILL

Bend forwards from the hips
Keep arms out wide like an aeroplane
& move hand to opposite ankle
Bend knees slightly to touch ankle



CHALLENGE

To touch each
ankle 14 times

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☐ ☐ ☐

PLANK

Rest on forearms and toes
Keep your head up and
back straight



CHALLENGE

To hold for the
count of 15

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☐ ☐ ☐

ARM CIRCLES

Create circles by rotating your arms
Make sure your fingertips
touch at the top



CHALLENGE

To do 15
with correct
technique

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☐ ☐ ☐

REVERSE GET UPS

Lie on your front with hands
level with shoulders
Push up into a front bridge
bringing knees into chest
Stand up with arms above head
then return safely to the floor



CHALLENGE

To do 18 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

Hearing nice things about ourselves makes us feel good!
Can you say something nice to someone today?