

Challenge Card 2

STAR JUMPS

Jump with your arms and legs out to make a star shape
Jump back in to start position

CHALLENGE

To do 12 with the correct technique

☐	☐	☐
☐	☐	☐



FRONT BRIDGE

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 14

☐	☐	☐
☐	☐	☐

BOX STEPS

Step forwards 1 step at a time
Step backwards 1 step at a time



CHALLENGE

To do 10 each way

☐	☐	☐
☐	☐	☐

SINGLE LEG BALANCE

Stand on 1 leg with arms out to the side
Hold balance by keeping still

CHALLENGE

Hold for the count of 12 on each leg

☐	☐	☐
☐	☐	☐



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 10

☐	☐	☐
☐	☐	☐



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?