





## Physical activity challenge card – Wednesday

Each week choose some of these activities to have a go at in a safe place.

		Wk1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Activity	Picture of how do the activity	Score	Score	Score	Score	Score	Score
<b>Press up</b> How many press ups can you do in a row without stopping (choose your level)							
<b>Burpees</b> How many burpees can you do in a row?							
<b>Sit ups</b> How many sit ups can you do in a minute							
<b>Skipping with a rope</b> how many skips can you do in a minute							
<b>Wall sits easy</b> how long can you sit against the wall, without moving							
<b>Plank</b> Can you hold the plank 30 seconds easy 40 seconds medium 60 seconds hard							
<b>Squats</b> Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							
<b>Scissor kicks</b> Choose one of the levels for the scissor kicks; EASY – 20 seconds MEDIUM – 40 seconds HARD – 1 minute							
<b>Lunges</b> Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							
<b>Spiderman plank</b> EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							

<b>Side lunges</b> EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds								
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