

PERSONAL CHALLENGE

Active

Every Day

#TeamManchester

03 SHUTTLE RUN
2 cones/markers set 5 metres apart. How many times can you get to the opposite cone/marker in 30 seconds?

04 SKIPPING
How many skips can you do within 60 seconds?

05 WALL SIT.....
How long can you hold a wall sit.....?

01 STAR JUMPS
How many Star Jumps can you do in 60 seconds?

02 PLANK
How long can you hold yourself in a plank position?

08 LONG JUMP
From a standing position measure how far you can jump. Use 3 jumps to find your furthest long jump.

09 BALL SKILLS
How many times can you pass a ball through and between your legs in 60 seconds?
*Rec & Ks1 - Allow pupils to roll the ball on the floor around and through the legs
Ks2 - keep the ball off the floor.*

10 FROG JUMPS
In a squat position with your hands and feet touching the floor, jump up and land back in same position. How many frog jumps can you do in 20 seconds?

11 MOUNTAIN CLIMBERS
Can you do Mountain Climbers non-stop for 60 seconds?

12 CHEST PUSH
How far can you push a ball from your chest? Measure from the throw up to the first bounce of the ball.
*Rec & Ks1 - use a softer/lighter ball
Ks2 - use a heavier ball eg: Basketball/Netball*

13 BURPEES
How many Burpees can you do in 30 seconds?

14 BALANCE
How long can you balance on 1 leg?

15 DONKEY KICKS
2 cones/markers set 3 metres apart. Within 30 seconds how many times can you get to the opposite cone/marker whilst kicking back like a donkey?

16 SIT UP
How many can you do in 60 seconds?

17 TOE TOUCHES
From a standing position how many times can you bend over, touch your toes and reach back up in 30 seconds?

18 LUNGES
How many Lunges can you do in 30 seconds?

19 SKIER JUMPS
Jumping from left to right as if you were skiing, how many can you do in 30 seconds?

20 CRAB WALK
Walking in a squat position sideways. 2 cones/markers set 3 metres apart. How many times can you get to the opposite cone/marker in 60 seconds?

21 SPEED BOUNCE
Jump from left to right on your speed bounce mat. If you do not have a speed bounce mat, use any type of marker to jump over. How many speed bounces can you do in 30 seconds?

22 THROW CATCH + CATCH CLAP
How many times can you throw a ball up and catch it in 60 seconds?
*Rec - use a bean bag
Ks1 - Use a ball, bounce it off the floor and catch it
Lower Ks2 - Throw the ball up, let it bounce once and catch it
Upper Ks2 - Throw the ball up and catch it before it bounces*

23 SPRINT ON THE SPOT
Can you sprint on the spot nonstop for 30 seconds?

24 TUCK JUMPS
Jump up and bring your knees up as high as you can. How many can you do in 30 seconds?

25 REACTION TEST
Place 3 different colour cones/markers side by side and 3 metres in front of you. Leader will call the colour for you to run to. Always return to start point. How many can you get correct out of 10?

26 HIGH KNEES
Run on the spot and bring your knees as high as you can. How many high knees can do get in 30 seconds?

27 BENCH OR FLOOR DIPS
Placing your hands behind yourself and pushing your body up and down. How many Bench or Floor dips can you do in 20 seconds?

28 SIT TO STAND
Start sitting on the ground. How many times can you stand up and get back down within 20 seconds?

29 SIDE TO SIDE
2 cones/markers set 5 metres apart. How many times in 30 seconds can you get to the opposite cone/marker whilst travelling sideways?

30 CRISS CROSS
Find a line to do Criss Cross jumps over. The aim is to not touch the line whilst opening and closing legs with each jump, creating a Criss Cross pattern. How many jumps can you do in 60 seconds?

31 PUSH UPS
How many push ups can you do in 30 seconds? Full push ups or onto knees if needed.