

Summer Term Physical Challenge 8th June – 17th July

Below are some challenges that you can try throughout the day. You can attempt any and as many of the different challenges each and every day. We look forward to hearing how you have done!

Reach for the stars

How many star jumps can you do in 60 seconds?

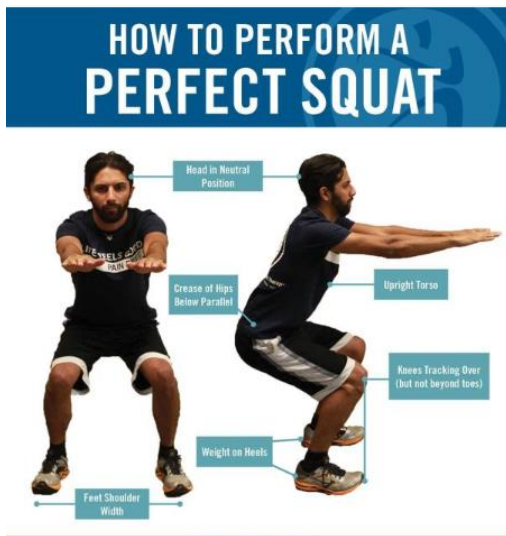
Let's Lunge

How many lunges can you do in 60 seconds?



Ready steady Squat!

How many squats can you perform in 60 seconds?



Hold the plank!

Time how long you can hold the plank position for.



Sit back don't relax!

Time how long you can perform a wall sit!



Jump around!

How many frog jumps can you perform in 60 seconds?



Cool Catcher Challenge!

[Click here](#) to find out more about the challenge.

60 seconds sit ups!

How many sit ups can you do in 60 seconds?



Squat Punches

In a squat position, how many straight punches can you do in 30 seconds?

Speed Bounce

Jumping from side to side, how many jumps can you do in 60 seconds?

Balance test

How long can you stand on one leg without any assistance?

Repeat the test for your opposite leg.