

# FITNESS CHALLENGE



## EQUIPMENT: REQUIRED

- ❖ Timer
- ❖ A safe space

## AGE CATEGORIES

- ❖ Years 3-6 (Primary rules)
- ❖ Years 7-11 (Secondary rules)

## TEAM SIZE

- ❖ Unlimited! The Fitness Challenges are for individuals to complete and submit
- ❖ Schools are able to achieve Gold, Silver or Bronze Participation Awards by encouraging and helping as many of their pupils to enter as possible

## RULES

- ❖ There are 5 challenges to complete:

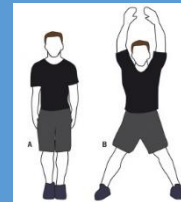
### Plank:



Beginner

Advanced

### Jumping Jacks:



### Burpees:

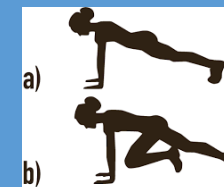


### Sit-ups:

(Feet held; arms on chest)



### Mountain Climbers:



(Alternate knees to elbows)

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## RULES contd:

Videos on how to complete each challenge correctly can be viewed at [www.teambedsandluton.co.uk/virtual-school-games](http://www.teambedsandluton.co.uk/virtual-school-games)

**Primary** – perform each exercise for 30 seconds (hold the plank for as long as you can before losing proper form)

**Secondary** – as for Primary, but for 45 seconds

## SCORING

- ❖ Record number of reps completed for each exercise (nb. for Plank, record the total time held for)
- ❖ Using the downloadable score sheet, record scores at 3 different dates: 22nd Jan; 19<sup>th</sup> Feb & 12<sup>th</sup> March
- ❖ Submit all 3 scores for each participant on your school's downloadable Excel scoresheet and submit to your SGO before the final deadline (nb. This is an individual competition. The different categories are: Most improved score in each of the 5 fitness activities; Highest score in each of the 5 fitness activities)

Remember, schools can achieve Gold, Silver and Bronze Participation awards depending on the percentage number of their pupils entering the competition. The more that enter, the greater chance of success!

**Deadline for entries is Friday**

**19<sup>th</sup> March**

**GOOD LUCK TO ALL  
PARTICIPANTS!**