

Tuesday Challenge

Session 3

So for this week's challenge you are going to return to the Sportshall events we did in training over the Winter months. I would like you to do each event and record your score.

- 30 sec Speed bounce – obstacle needs to be 20cm in height to jump over. Side to side action using a controlled motion with both feet remaining together.
- Vertical jump – you will need an adult to help you. You can either stick a ruler to a wall (the 0 being where your extended arms reach to) or you can measure yourself with outstretched arms, jump against a wall, measure the distance then take away from your height – I love a bit maths thrown in!!
- Standing long jump – the grass maybe a better surface to land on.
- Standing triple jump – remember Hop, Step, Jump! – again try and get a nice soft landing
- Chest push – use a large ball (don't worry about the weight it's just for fun)
- Balance test – 15 secs per leg & each leg twice
- If you feel up to the challenge add in a 1 lap or 6 lap or maybe even an obstacle if you're feeling creative.
- Adults – no escape I'm afraid – speed bounce challenge for you!!

As with all your challenges please remain in a safe space at all times with your adult and allow adequate recovery times in between each attempt.

Remember: you have a whole week to complete this as many times as you can and send in your best results for each event.

Have fun and stay safe, Jo x