

# Challenge Card 16

## TREE BALANCE

Stand on one leg with arms out to the side

Place the sole of your foot on the inside of your balancing leg



CHALLENGE ▷

To hold for the count of 10 on each leg



## FRONT BRIDGE ONE ARM

Hands and feet only on the floor  
Lift up and hold body keeping back and arms straight. Lift up one arm keeping your body straight and still



CHALLENGE ▷

To hold for the count of 14 each arm



## SQUAT & HOLD

Feet shoulder width apart, bend from the hips and knees into a sitting position

Keep chest up & head forward and hold



CHALLENGE

To hold for the count of 12



## STAR JUMP/ TOUCH FLOOR

Jump out into a star shape

Jump back in to start position

Bend knees into a crouch position to touch the floor

CHALLENGE

To do 22 with the correct technique



## HALF JACKS

Front bridge position, keeping body straight move one leg out to side

Bring leg back to centre and repeat with other leg



CHALLENGE ▷

To do 10 on each leg with the correct technique



## You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

Did you know?

Calcium can be found in milk and dairy products and helps build strong bones!