

# Challenge Card 9

## JOGGING

High knees and drive arms  
Soft feet by keeping heels off the floor



### CHALLENGE

To jog for the count of 18

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WINDMILL

Bend forwards from the hips  
Keep arms out wide like an aeroplane & move hand to opposite ankle  
Bend knees slightly to touch ankle



CHALLENGE To touch each ankle 11 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## REVERSE GET UPS

Lie on your front with hands level with shoulders  
Push up into a front bridge bringing knees into chest  
Stand up with arms above head then return safely to the floor



CHALLENGE To do 12 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 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 14 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## BACK BRIDGE

Hands and feet only on the floor  
Lift up body by pushing hips to the ceiling



CHALLENGE To hold for the count of 20

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## 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?**

Drinking too many sugary drinks is bad for your body, especially your teeth!