

VIRTUAL Fitness Challenge

This event is open to all individuals in Years 7 -9 and focusses on the most improved . It is made up of 5 separate individual fitness challenges that are repeated twice over time

You need to record your score for each fitness challenge each time you take part. Individual results need to be added to the teacher result sheet . The most improved boy and most improved girl from each year group 7- 9 results will be submitted



This challenge is linked to the School Games value of Determination
How can you demonstrate Determination throughout this challenge?
Just keep going even if you think you cant do it. Never give up. And give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to others in your class the event
- Teach another member of your class how to take part in this activity and challenge them to a mini competition

HERTFORDSHIRE



60 Second Challenge

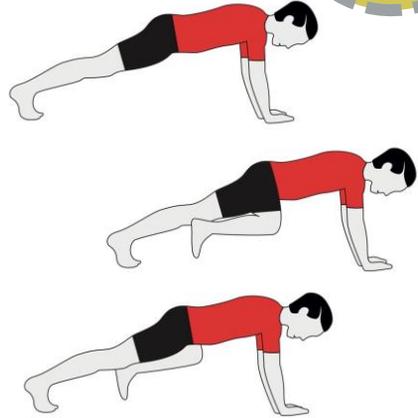
Climb the Mountain

Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

60 Second Challenge

Super Slalom Run

Can you try
and run as fast
as possible?

The Physical Challenge

How many slalom runs
can you complete in 60
seconds?

Layout 3 objects 3 steps apart, you
must run in and out of the objects
and back to the start to complete 1
slalom run.



Equipment

A safe space and
3 objects.

This activity is best
played outside,
where you have
lots of space.

60 Second Challenge

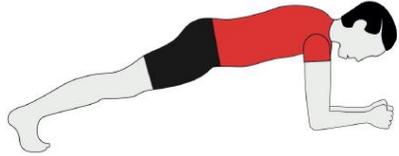
Plank

Can you keep going even when you are tired?

The Physical Challenge

How long can you hold the plank for in seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

60 Second Challenge

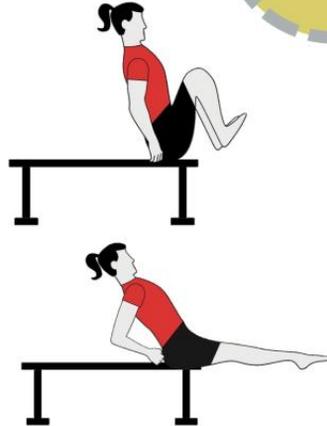
Tuck In Tuck Out

Do you keep trying even when you want to give up

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

60 Second Challenge

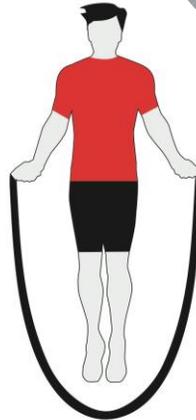
Skipping

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!