

# Challenge Card 11

## SUPERHERO BALANCE

Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



### CHALLENGE

To hold for the count of 12 on each leg

<input type="checkbox"/>					
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## 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 14 with the correct technique

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

## 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 10 on each arm

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

## JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together

Land with soft feet & bent knees



### CHALLENGE

To do 18 with the correct technique

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

## STAR JUMPS

Jump with your arms and legs out to make a star shape

Jump back in to start position



### CHALLENGE

To do 22 with the correct technique

<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?**

Our heart keeps blood and oxygen moving around our body. You can look after it by eating a good diet and getting 60 minutes of exercise each day!