

### Challenge 1: Throwing accuracy

**Equipment:**

- Stopwatch, object and target.



**Rules:**

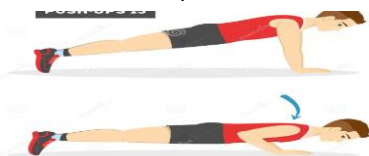
- You have 1 minute to see how many times you can hit the target (small bin, box, hoop, drawn area etc).
- Throw an object (ball, teddy bear, paper ball, paired socks)
- To begin, stand in line with the target and measure back a distance equal to your age. Eg. if you are 12 years old stand at least 12-foot strides from the target. Mark where you have measured to.
- After each attempt you must retrieve the object and retreat back to the line to have another go.
- Record your score

### Challenge 2: Press-ups

**Equipment:** Stopwatch

**Rules:**

- Perform as many press-ups as you can in 1 minute
- Position hands slightly wider than your shoulders
- Bend your elbows and lower yourself until your elbows are at a 90 degree angle.
- Push back up through your hands to the starting position
- Record your score

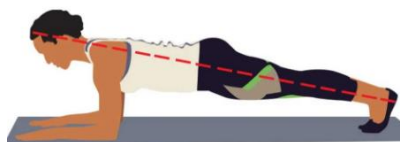


### Challenge 3: Plank (forearm plank)

**Equipment:** Stopwatch

**Rules:**

- Hold the plank for as long as possible
- Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width.
- Put toes into the floor and squeeze glutes to stabilize your body.
- Your head should be in line with your back.
- Record your score



### Advanced challenge 1: 1km Run (Timed)

**Rules:**

- Run 1km as quickly as you can

**Equipment:**

- Device to collate time and distance ran (Phone, watch)



### Advanced challenge 2: Burpee (2mins)

**Equipment:** Stopwatch

**Rules:**

- Complete as many jump burpees in 2 minutes as you can
- Chest does not need to touch floor
- Record your score

**How to do Burpees**

