

Challenge one: Throwing accuracy

Rules:

- You have 1 minute to see how many times you can hit the target
- For this challenge you will need a rolled-up pair of socks and a 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. For example, if you are 12 years old stand at least 12-foot lengths 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 score



Equipment:

- Stopwatch, object and target.

Challenge two: Sit-ups

Rules:

- Perform as many sit-ups as you can in 1 minute
- Lie down on your back. Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them on each shoulder blade. Curl your upper body all the way up toward your knees, so the elbows touch the knees. Keep the head forward.



Equipment:

- Stopwatch

Challenge three: Squats

Rules:

- Complete as many squats as you can in one minute.
- Stand with your feet hips width apart. Angle your toes so that they point forward. Keep your weight in your heels and ensure your knees don't track ahead of your toes.
- Sit to your lowest point, without letting your pelvis round. Maintain a straight spine and lifted chest. Return to standing.



Equipment:

- Stopwatch

Advanced challenge one: 1km Run (Timed)

Rules:

- Run 1km as quickly as you can

Equipment:

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



Advanced challenge two: Burpee (2mins)

Rules:

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

Equipment:

- Stopwatch

How to do Burpees

