



Welcome to PE!

At Saracens High school we love a challenge. With your hard work you could be our new challenge leader for some of the activities below. All you need is a space, a wall and a pair of socks. Have a go at the challenges below and improve your components of fitness while having fun and hopefully setting some records. We look forward to seeing your scores for each challenge in September. Good luck.

Challenge 1 Forearm Plank

**MUSCULAR ENDURANCE
- PLANK HOLD**



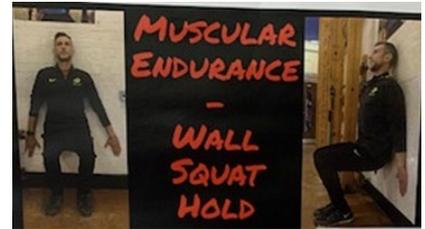
Hold your body in a press up position with body weight balanced on forearms, hands, elbows and toes. How long can you hold a plank for?

Score

Challenge 2 – Wall sit

Wall sit: make sure your back is flat against the wall. Place your feet firmly on the ground shoulder – width apart, and then about 2 feet out from the wall.

Slide your back down the wall, bending your legs until they're at a 90-degree angle – or right angle. Your knees should be directly above your ankles, not jutting out in front of them. How long can you hold this position for?



Score

Challenge3 – Headstand



Can you get yourself into a headstand position?
Remember using three points of contact (head, two hands)

If you can complete a headstand how long can you hold it for?

Score

Challenge 4

Using a sock ball how many keepie uppies can you do using your head, feet, knees, shoulders, chest. Or try how many keepie uppies can you do using your hands as well.



Score

Challenge 5 – Six inch leg lift

**MUSCULAR ENDURANCE
- LEG RAISE HOLD**



Start off lying flat on your back on the floor with your legs stretched out and your arms by your side. Keep your lower back in contact with the floor at all times.

As you lift your head and shoulder, lift your legs up straight off the floor until they are about 6 inches above the floor and hold there for the duration of the exercise

Score

Challenge 6 – Kneeling to stand

Kneel on one knee and hold the ankle of the other leg.



Keeping hold of your ankle, try to stand up without falling over

Score

Challenge 7 Try all 6 challenges again, can you beat your own scores?