

# Challenge Card 1

## JOGGING

High knees and drive arms  
Soft feet by keeping heels off the floor



### CHALLENGE

To jog for the count of 10

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

## FRONT BRIDGE

Hands and feet only on the floor  
Lift up and hold body keeping back and arms straight



### CHALLENGE

To hold for the count of 10

<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 10 with the correct technique

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

## SINGLE LEG BALANCE

Stand on 1 leg with arms out to the side  
Hold balance by keeping still



### CHALLENGE

Hold for the count of 10 on each leg

<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 10 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

**Challenge!**

Can you be active today? What games could you play?