

PE HOME LEARNING CHALLENGE CARD

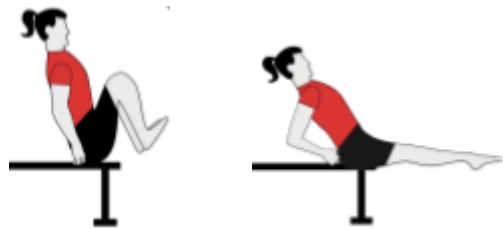
Challenge 11: Tuck in tuck out challenge



Brief

This challenge tests your strength, particularly your tummy and leg strength. Your challenge is to see how many times you can stretch out your legs, then tuck them into your chest in 60 seconds!

You will need to sit on a chair, bed or a step to do this challenge.



Rules

- ◆ You must bring your legs to your chest then fully extend them in order to score a point

Bronze - 10 tucks in 60 seconds

Silver - 15 tucks in 60 seconds

Gold - 20 tucks in 60 seconds