

**HAMPSHIRE SCHOOL GAMES**

**SECONDARY PERSONAL BEST CHALLENGE**

**‘SIDE PLANK TUESDAY’**



**This week’s challenges all focus on the School Games Values of Determination, Passion, Honesty and Self Belief**

**Name**: **Year Group**:

**School: How long can you hold it the plank?**

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| **Activity** | **Description** | **Number of Reps/ length of time** |
| Warm Up/ Pulse Raiser | Get your pulse up to 130 beats per minute by Jogging, Dancing, Skipping, Hopping | 4 – 5 minutes |
| Stretch/Mobilise | Full body stretch- go up on tip toes and reach arms as high as possible. Relax and repeat.  Twist to left and right x 5 each side  Gently swing left leg forwards and backwards x 5.  Gently swing right leg forwards and back x 5.  Circle arms forwards x 5 then backwards x 5 | 2 minutes |
| SHADOW BOXING JABS | Stand with one foot in front of the other in a relaxed position with your fists clenched and up in front of your face, boxer style. Punch out straight in front of you with alternate fists. Aim for an IMAGINARY opponent’s nose in front of you. Stay light on your feet and your guard up! | 20 repetitions on each arm. |
| PLANK STOMP | Start in plank position. Keeping your bottom low and your tummy pulled in tight, stomp your feet alternating left and right about 10-15cm off the floor. Try to keep your body straight and not swing. (Or hold the plank for 20-30 secs) | 20 repetitions (10 each leg) |
| SINGLE LEG JACK KNIFE | Lying flat on the floor with your spine pressed down, lift one leg straight up then down then the other. Repeat in a scissor action. | 20 repetitions (10 each leg) |
| REVERSE DIPS | Using a sofa or other sturdy seat, take your hands behind you and take your weight on them. Have your legs out straight in front of you and pull your tummy in. Bend your arms behind you to 90\* then push up until your arms are straight. Go down to 90\* again and repeat. The further your legs are from the seat the harder you work! | 10-20 repetitions |
| POWER LUNGE | Jump with your left foot forward and your right foot back then switch. | 10 on each leg |
| SIDE LUNGE-CENTRE JUMP-SIDE LUNGE | Start in a side lunge then push up to a jump in the middle then land and go to a side lunge on the other leg. | 10 repetitions each side |
| REPEAT | Repeat the 6 activities above 4 times | 18 - 20 minutes |
| CHALLENGE | SIDE PLANK: LIE ON YOUR SIDE IN A STRAIGHT LINE. LIFT YOURSELF UP ONTO YOUR BOTTOM ELBOW STILL KEEPING YOUR BODY STRAIGHT. HOLD THIS POSITIN AS LONG AS YOU CAN. (IF YOU FIND IT HARD TO BALANCE, KEEP YOUR BOTTOM LEG BENT ON THE FLOOR BENEATH YOU.) | |

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school.

Results should be sent to [jenniferlknight9@gmail.com](mailto:jenniferlknight9@gmail.com)