

Year 3 Challenge 21

1 Obliques

For: strengthen oblique muscles

Action: stand tall, feet 30cm apart, feet turned slightly out
slide right hand down side of body aiming for outside of knee
keep body square, careful not to twist
hold 1,2,3
slowly pull body upright to standing
repeat other side



2 Double knee jumps

For: strengthen leg muscles

Action: stand tall, feet 30cm apart, feet turned slightly out
swing arms back and then forward, jumping knees to chest
keep arms at right angles and continue jumping knees to chest
maintain rhythm and repeat 10 times



3 Abdominal flattening

For: strengthening abdominal muscles

Action: lie on back, arms by sides
slightly bend both legs and raise one higher than the other
hold 1,2,3, then change leg position
move legs very slowly, holding stomach muscles firm



Year 3 Challenge 22

1 Freestyle arms

For: strengthen arm muscles

Action: stand with feet 45 cm apart with knees bent
lean forward looking slightly ahead
move arms in freestyle swimming motion, 10 strokes each arm



2 Freestyle kick

For: strengthen leg muscles

Action: sit in a chair with your back resting on the back of the chair
hold onto the sides of the chair
raise both legs parallel to chair height, pointing your toes
move legs up and down 10cm above the chair with straight legs
kick as in freestyle kick



3 Breaststroke arms in squatting position

For: strengthen arm muscles

Action: stand with feet 45 cm apart with knees bent in squat
lean forward looking slightly ahead
move arms slowly in breaststroke swimming motion

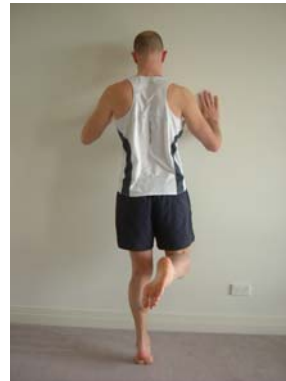


Year 3 Challenge 23

1 Calf raises

For: strengthen calf muscles

Action: take one step back from a wall
place two hands flat on wall at shoulder height for balance
lift left leg and bend behind you at the knee
lift up onto the toes of right foot and hold 1,2,3
repeat 10 times, then repeat with other leg



2 Bicep curl holding school bag

For: strengthen arm muscles

Action: empty school bag so it is not a strain to lift, or use a drink bottle
if you are right handed place your left leg in front of your right
bend knees and keep back straight, looking ahead
hold bag or bottle with arm straight down beside body
slowly bend elbow until bag is at right angles to body
hold 1,2,3 and slowly lower to start position, 10 curls each arm



3 Squat with a textbook balanced on your head

For: strengthen leg muscles

Action: stand with feet 45 cm apart and place a textbook on your head
look ahead and bend knees moving into a squat position
Have arm in a comfortable balanced position at your side
keep back straight and look forward to keep the book balanced



Year 3 Challenge 24

1 Elbow squeeze

For: strengthen chest muscles

Action: sit on chair, straight back, look ahead, feet flat on floor
lift arms so elbows are bent 90 degrees to the shoulder
press elbows, forearms and hands together
hold 1,2,3 and relax



2 Hamstring raises

For: strengthen hamstring muscles

Action: lie on back; bend right leg to chest and clasp knee with 2 hands
hold 1,2,3 and then extend leg towards the ceiling
straighten leg and flex foot, hold 1,2,3
slowly lower straight leg to the floor
repeat with other leg



3 Push-ups

For: strengthen chest muscles

Action: lie on floor face down
place hands next to shoulders
feet 15cm apart
push arms straight and raise whole body
balance on hands and toes with body parallel to floor
hold 1,2,3, slowly lower body to floor with nose just touching
repeat 10 times

