

## Year 6 Challenge 21

### 1 Crunches

For: strengthen abdominal muscles

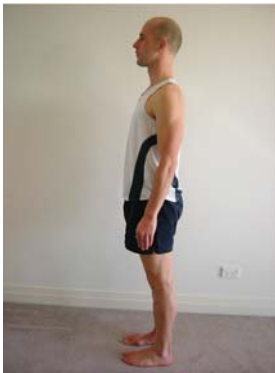
Action: lie on back knees slightly apart and bent, feet flat on floor  
place hands clasped behind head  
raise trunk slowly, look at ceiling  
slowly lower to floor  
repeat



### 2 Burpees

For: strengthen whole body

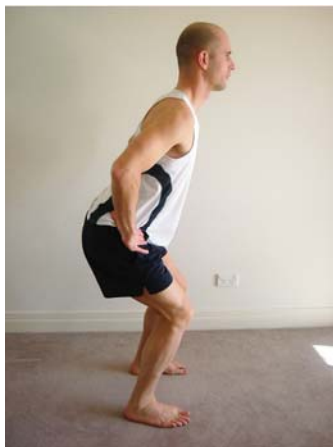
Action: stand straight, arms by side, feet 10cm apart  
crouch down, place hands on floor 15cm in front of feet  
jump feet backwards, back, legs and arms are straight  
jump feet back to hands  
stand straight as in starting position



### 3 Two leg half squats

For: strengthen quadricep muscles

Action: stand with feet 45 cm apart  
place hands on hips  
look ahead and bend knees moving into a half squat position  
hold 1,2,3  
keep back straight and look forward to keep balanced  
slowly rise to starting position



## Year 6 Challenge 22

### 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 Push-ups

For: strengthen pectoral, tricep and abdominal muscles

Action: lie 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



### 3 Toe touches

For: strengthen deltoid and adductor muscles

Action: stand with feet 45cm apart  
arms stretched at shoulder height parallel with floor  
bend forward, swing left arm back, touch right hand to left foot  
keep arms and legs straight all the time



## Year 6 Challenge 23

### 1 Burpee with a full push-up

For: strengthen whole body

Action: stand straight, arms by side, feet 10cm apart  
crouch down, place hands on floor 15cm in front of feet  
jump feet backwards, back and legs, arms are straight  
hold 1,2,3  
perform a push-up  
jump feet back to hands  
stand straight as in starting position



### 2 Jumping Jane

For: strengthen quadricep and deltoid muscles

Action: stand straight, arms by side, feet 10cm apart  
bend knees as in a small squat, back straight, look ahead  
jump up high, back straight, raise straight arms above head  
land knees bent, back straight, arms by side



### 3 Slalom jump

For: strengthen quadricep, bicep and tricep muscles

Action: stand with feet together, bend arms with left in front of right  
lean and jump to the right whilst changing arm positions  
feet stay together  
lean and jump to the left whilst changing arm positions  
repeat



## Year 6 Challenge 24

### 1 Tricep dips

For: strengthen tricep muscles

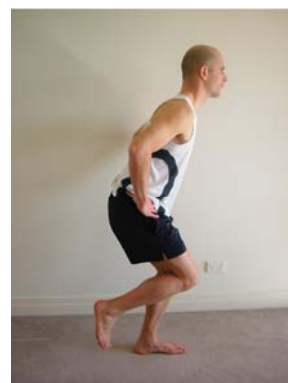
Action: sit on floor, knees bent, hands flat on floor under shoulders  
raise bottom 10cm off floor  
bend elbows, lower bottom to just touch floor, hold 1,2,3  
push arms straight to raise bottom 10cm



### 2 One leg half squat

For: strengthen quadricep and gluteal muscles

Action: stand with feet 45 cm apart  
place hands on hips and stand on one leg  
look ahead, bend knee moving into a half squat, hold 1,2,3  
keep back straight and look forward to keep balanced  
slowly rise to starting position  
change legs and repeat action



### 3 Side crunches

For: strengthen abdominal muscles

Action: lie on back, knees slightly apart and bent, feet flat on floor  
place hands clasped behind head  
raise trunk slowly, look at ceiling  
rotate trunk to the right, touch left elbow to right knee  
rotate back to centre, slowly lower to floor  
repeat to other side

