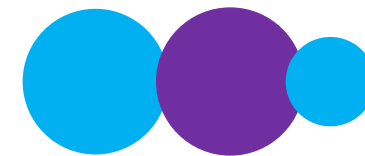


# Personal Challenges



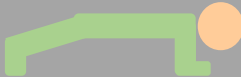


Below are a list of different personal challenges that you can try at home. These have been adapted from our 'schools personal challenge pack' that sports leaders and school staff ran during school, such as at lunch time or break times.

These are simple challenges aimed around improving your personal best, on either multiple challenges, or just one. The aim is to push yourself to work on them and not compare yourself to other people's scores or time. You will see that some of the challenges aren't about improving a score or time, but more around challenging yourself and giving something new a try!

Good luck!


## Secondary Challenges

	What do I need to do?	Equipment	How to make it easier	How to make it harder
<b>Sally Squat Challenge</b> 	Search online for the 'Sally Squat Challenge' – how much of the song can you complete?  When you are squatting, make sure your back is straight and your head is facing forwards.	Access to YouTube	Do as much of the song as you can.  Try doing a wall-sit squat, and holding this for as long as you can.	Try and get to the end of the song.  How long can you hold a squat position for?
<b>V-sit Challenge</b> 	How long can you hold a v-sit position for?  Try and keep your legs as straight as you can, and your hands off the floor.	Timer	Place your hands on the floor for support, and see how long you can hold the position for.  Have your knees bent, rather than straight out, and see how long you can hold it for.	Can you move your legs side to side for as long as possible?  Keep your legs out in front of you, but move your arms side to side (Russian twists) – how many can you do?
<b>Plank Challenge</b> 	How long can you hold a plank position for?  Remember to keep your legs and back straight.	Timer	Go down onto your knees.	Try different plank variations; <ul style="list-style-type: none"> <li>• Up down plank</li> <li>• Press-up position</li> <li>• Left arm and right leg only touching the floor. Swap arms and legs.</li> </ul>

<p><b>Ball Reaction Challenge</b></p> 	<p>Standing 2 metres away from a wall with a ball, how many successful catches can you do in 60 seconds?</p>	<p>Timer</p>	<p>Stand closer to the wall and use both hands to catch.</p> <p>Use a larger ball.</p>	<p>Try catching one-handed or with alternate hands.</p> <p>Stand further away from the wall.</p> <p>Use a smaller ball.</p> <p>Try kicking the ball against the wall.</p>
<p><b>Toilet Roll Keepy-Uppy</b></p> 	<p>How many 'keepy-uppys' can you do with a toilet roll?</p>	<p>Toilet roll (make sure you have enough!)</p>	<p>Use a football or other ball.</p>	<p>Try different tricks and see if you can kick or flick the toilet roll into a target.</p>
<p><b>T-shirt Handstand Challenge</b></p> 	<p>Search the 't-shirt handstand challenge' on the internet and have a go for yourself!</p> <p>Remember to perform this safely!</p>	<p>T-shirt of your choice.</p>		
<p><b>#DontRushChallenge</b></p> 	<p>Check out GB Hockey Men's, England Netball and the GB Women's 4x100m track team so you know what to do!</p> <p>Can you and your friends, school team or sports team do this challenge and share it?</p>	<p>Team/group of your choice.</p> <p>Remember to keep to social distancing.</p>		
<p><b>Koala Challenge</b></p> 	<p>Search 'koala challenge' and see if you, and someone who you live with can complete the challenge?</p> <p>Please make sure you perform this safely!</p>	<p>Access to YouTube</p> <p>A partner</p>	<p>Create your own and share with others.</p>	

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