

## Strength and Core Challenge

# School/ Home Challenge

### OVERVIEW

**AIM:** To walk out with your hands into a press up position , as many times as you can in the set time.

Differentiation by time :

KS1 = 30 seconds KS2 = 60 seconds

Watch here [CLICK HERE](#)

### Set Up and Rules

1. Stand up straight and stretch your arms above your head
2. Move your hands down to the floor
3. Walk your hands forwards into a press up/ plank position, keeping your feet still!
5. Keep your body in a straight line, hands under your shoulders
6. Walk your hand backwards towards your feet
7. Stand up straight
8. Stretch your arms above your head – 1 completed
- 9 Repeat until the time is up

### COACHING TIPS

keep your feet still when walking out into the press up position ,  
Keep your elbow strong as you walk out don't let them bend .

# Walk Out Challenge

### EQUIPMENT NEEDED

Stopwatch/ timer



### SCORING & JUDGING

How many Walk Outs can you perform in the set time for your Key stage?

Can you beat your score everyday ?

Challenge someone in your bubble , start a Walk Out Competition for the week?

### *How To Practise / Get Better*

Break down the moves down into smaller sections – stand up ,hands to feet , walk out , walk back , stretch . How long can you hold your plank position?