

Personal Best & School Participation Competition.

Plank challenge

Challenge 1: How long can you hold the plank? 😊

- How long can you hold the plank position for? Make sure you keep your bottom down and back straight. Keep your forearms on the floor. Who can hold the plank position longest in your family?

Challenge 2: Move the socks into a bucket while in a plank position 😊

- How quickly can you put 5 pairs of rolled up socks into a bucket but you must stay in the plank/push up position. Try doing this challenge on both sides of your body.

I hope you enjoy the challenges this week 😊 Remember to do these challenges as many times as you can during the week to try and beat your personal best score and to stay active.

Challenge yourself further: Balance a toilet roll or another object on your neck/shoulders while performing the plank.

Benefits of this challenge: Strength, balance and body control.

Equipment: 5 pairs of rolled up socks and a box/bucket.

Safety: Please remember to play this game with enough space. Play this game bare foot or with trainers. Do not just wear socks as you need good grip while in the plank position.

Send in your videos via DB primary if you have permission (**CHAT schools only**).

Please use the link below to add your scores so your school can earn 1 point towards their weekly total.

- **Link to upload you score:**
<https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoTZ9ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSvdYVY4u>
- **You can find previous weeks' challenges to try again and you can also find many other ways to help support you to stay active on this website:**
[Staying active | CHAT Academies \(cuckoohallacademy.org.uk\)](http://Staying active | CHAT Academies (cuckoohallacademy.org.uk))

Sporting spirit values: Remember to show the sporting spirit values when completing these challenges.

Passion / Teamwork / Self-belief / Respect / Honesty / Determination