



Tudor Grange St James Personal Best Challenges!

Competition isn't always against other people, sometimes it is important to challenge yourself to develop your own skills and your personal abilities. Therefore we want you to complete these challenges daily. Write down your scores then see if you can beat them the next day! See if you can improve on your own score each day. Even if its just by one!

Challenge One
Plank



Challenge Two
Keepy Uppies



Challenge Three
Wall Sit



Challenge Four
Bicep Dips



Challenge Five
Bounce Catch





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Challenge One: Plank

How long as you hold the plank position?

- Make sure your bottom and shoulders are in line with each other and legs are straight. It should be that flat that you would be able to balance a tray of food on your back
- Make sure you are controlling your breathing.



<https://www.daviessports.co.uk/blog/personal-challenge/challenge-5-plank/>



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Challenge Two: Keepy Uppies



How many times can you kick/ knee a ball upwards without it hitting the ground?

- If you don't have a football maybe you can be creative and use a piece of fruit, rubber or toilet roll.
- Think about your power and direction when kicking your object.

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-16-keepy-uppies/>



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Challenge Three: Wall Sit



How long can you hold the wall sit position?

- Make sure your knees are at a 90° angle
- Hands/arms should be out in front of you— you can not place them on your knees or the wall this is cheating!
- Control your breathing— holding your breath will only cause you to lose oxygen and not be able to hold the position for long.

<https://www.youtube.com/watch?v=-cdph8hv000>



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Challenge Four: Bicep Dips



How many bicep dips can you successfully complete in 60 seconds?

- Your bottom cannot touch the floor.
- You must bend your arms all the way down to make your bottom just hover about 1cm from the ground.
- Make sure your posture is like the images.

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-18-bicep-dips/>



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Challenge Five: Bounce Catch

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-9-bounce-catch/>



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How many ball catches can you complete in 60 seconds?

- The ball needs to bounce off either a wall or the ground in-between catches (try and use a smooth surface to ensure the ball doesn't bounce off in other directions)
- You must throw from one hand and catch in the other and then repeat by throwing with the hand you caught the ball in and then catch with the other.
- Think about your control throwing the ball



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Personal Best Challenges!

Your Personal Best Tracker

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Plank					
<u>Keepy Uppies</u>					
Wall Sit					
Bicep Dips					
Bounce Catch					