

SUMMER HALF-TERM (2) PERSONAL BEST CHALLENGE



BASIC BURPEES CHALLENGE

BURPEES CHALLENGE OBJECTIVE:

How many burpees can you complete in 60 seconds?

EQUIPMENT NEEDED:

Just yourself and plenty of space.

Stop watch / timer.

IMPLEMENTING THE CHALLENGE:

How to do a burpee correctly

- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
- Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and explosively jump into the air.
- Land and immediately lower back into a squat for your next rep.

RECORDING SCORES

The attached recording sheet asks for each participant first and best score.

NEXT LEVEL

Try the 30 in 30 challenge. Do 30 burpees every day for the next 30 days - see what effect this has upon your body.

SUMMER HALF-TERM (2)

First -v- Best Score



School			
Year group / Class			
Date first scores were recorded		Date second scores were recorded	

Child's first name	First score	Best score
