

WEEK 2 - CHALLENGE

Personal Challenge

OVERVIEW

AIM: Balance a cushion on your head and complete as many sets of the challenge as possible in 2 minutes.

One set: Move from a standing to V Sit position and back to standing.

Set Up and Rules

Stand up straight in a flat space large enough for you to lay down. Balance a cushion or bean bag on your head.

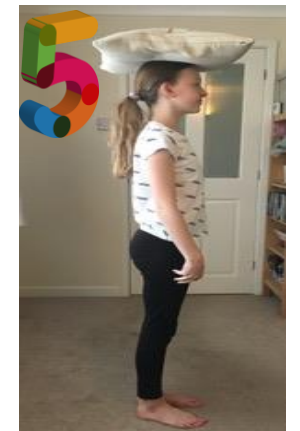
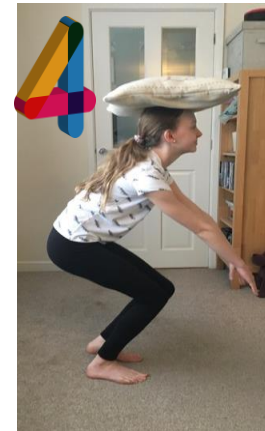
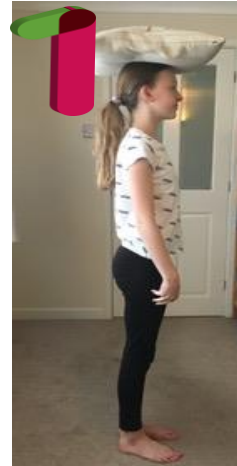
Whilst balancing the cushion/bean bag slowly move into a sitting position on the floor – you can use your hands to move into a seated position but do not touch the cushion, unless it falls off!

Once seated perform a V Sit (see pictures) the cushion/bean bag still needs to be balancing on your head.

Hold the v sit for 3 seconds. Slowly return to a standing position.

COACHING TIPS: Practice v sits without a cushion and improve your core strength.

Cushion Challenge



SCORING & JUDGING

Rules:

If the cushion/bean bag falls off your head you must stop replace it and continue with the challenge.

Mastered:

How many sets (standing to v-sit to standing) can you complete in 2 minutes.

How To Practise / Get Better: Practice moving from a standing to sitting position without a cushion. Get better – use a smaller cushion.



Individual Scoresheet.

Try to do the Challenge twice a day.
Record your first attempt and best score



Send your results to your teacher at the end of the week

| Name:- Year Group:- School:- | #Cushion Challenge Attempt 1 | #Cushion Challenge Attempt 2 |
|------------------------------------|------------------------------------|------------------------------------|
| MONDAY | | |
| TUESDAY | | |
| WEDNESDAY | | |
| THURSDAY | | |
| FRIDAY | | |
| | 1st Score: | Best Score: |

| Name:- Year Group:- School:- | #Cushion Challenge Attempt 1 | #Cushion Challenge Attempt 2 |
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