

Half Term Challenge



Connaught
Junior School
"Caring, Confident, Committed"



Task



- For this challenge you will need to do three exercises each day. If you want you can make a chart to track how long you can hold each activity.



Exercises

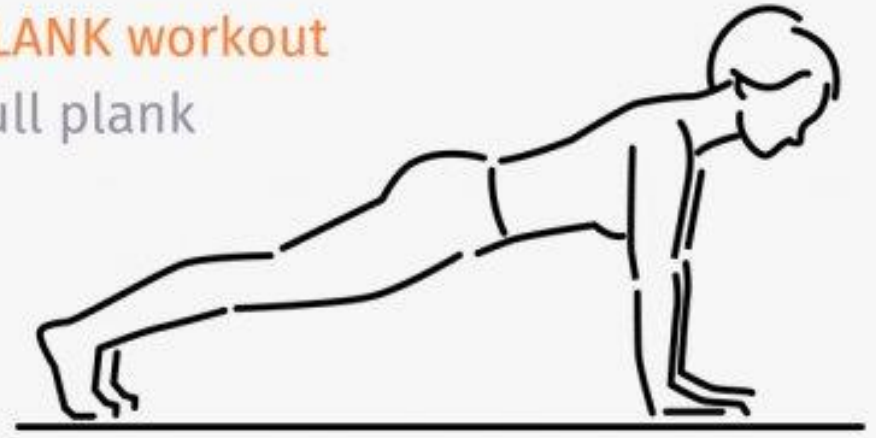
Here are some exercises you can try—

- Plank
- Wall Sit
- Tree pose
- Or maybe come up with your own

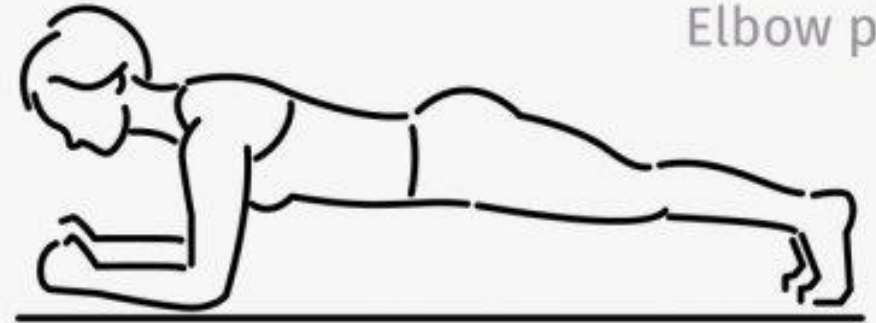
Plank

PLANK workout

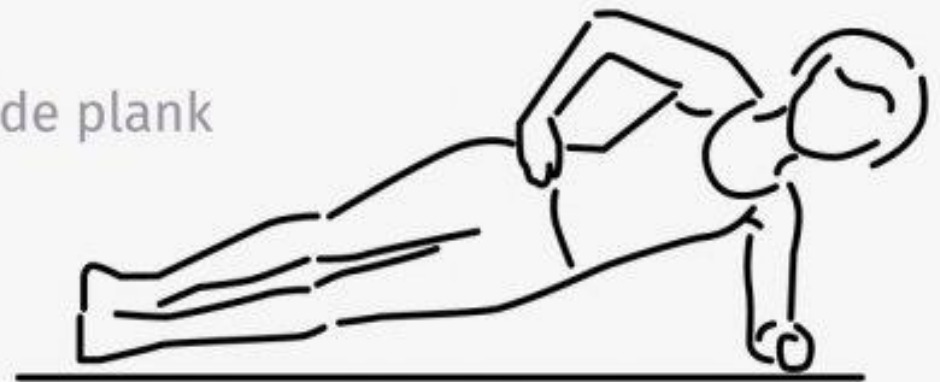
Full plank



Elbow plank



Side plank



Wall Sit



Tree Pose



**Have An
Amazing Half
Term
Everyone
And Stay
Safe!**

By Luca Halstead

