

60 Seconds Fitness Challenges :

Source : Davies Sports

Technique is important so please supervise to avoid injury.

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

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-17-high-knees/>

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

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-14-jump-reach/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-12-burpees/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-11-sit-ups/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-10-balancing-beanbag/>

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

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-6-slow-catch/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-4-run-on-the-spot/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-3-star-jump/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-2-quick-jump/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-1-hopping/>

A word about press ups :

If your child cannot maintain a **completely straight back** and appears to be straining, please advise they come onto their knees. Keeping wrists in line with their shoulders so that the weight is going onto their arms. **Dipping in the lower back** can lead to injury. **Wall press-ups** are a great and safer alternative!

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-8-press-ups/>

A word about lunges :

It is important to ensure that there is a straight line between **knee and ankle** when stepping forwards. Do not allow the knee to cave inwards.

It is often easier to do a **backwards lunge** and holding on to the wall will help improve technique whilst learning

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-7-lunges/>