

100 Point Challenge KS 1&2

Name:

Year:

School:

You have 20 minutes to get as many points as you can by completing the exercises below. Each exercise is worth so many points, so the more you do of each, the more points its worth. E.G. 5 Star jumps = 5 points, 30 star jumps = 20 points. Use the exercise sheet if you are unsure of what any of them are. This is a task just for you, and your challenge is to see if you can beat your score each time you do it.

You are not allowed to repeat an exercise and they all must be done within 20 minutes. Circle each activity as you complete it. Add your points up at the end and put them in the results sheet. Don't forget a short rest in between each and have a drink to hand and make sure you find a clear safe area to exercise in.

5 points	10 points	15 points	20 points
5 Star jumps	10 Star Jumps	15 Star Jumps	20 Star Jumps
5 Press Ups	10 Press Ups	15 Press Ups	20 Press Ups
5 Second Plank	10 Second Plank	20 Second Plank	30 second Plank
5 Rocket Jumps	10 Rocket Jumps	15 Rocket Jumps	20 Rocket Jumps
5 Mountain Climbers	10 Mountain Climbers	15 Mountain Climbers	20 Mountain Climbers
10 Bum kicks	15 Bum Kicks	20 Bum Kicks	25 Bum Kicks
5 Arm Circles	10 Arm Circles	15 Arm Circles	20 Arm Circles
Run on the spot 10 seconds	Run on the spot 15 seconds	Run on the spot 20 seconds	Run on the spot 30 seconds
5 Second Balance	10 Second Balance	15 Second Balance	20 Second Balance
5 High Knees	10 High Knees	15 High Knees	20 High Knees

Top Tips – Use a pencil to circle the exercises so you can rum it out after and reuse the sheet

Practice each of the exercises first so you know how to do them

High Knees



Bum Kicks

Plank



100 POINT CHALLENGE



Arm Circles



Balance



Mountain Climbers

Rocket Jumps



Star Jumps