

# Challenge 1: How many sit-ups can you do in one minute?



CORE  
MUSCLES

## Description

- Start by lying down with your back on the floor.
- Place your feet flat on the floor with your knees raised (you can ask a partner to hold your feet down if you wish).
- Fold your arms across your chest.
- Slowly raise your head and shoulders off the floor so that you are in a sitting position. Slowly roll back down to the floor and repeat.
- Don't forget to count how many you complete in 1 minute!

## Finding it easy? Try this...

- Try holding a ball whilst you are performing the sit-ups.
- If you are at home, ask if you can hold a bag of flour or tin of beans for example.
- See if you can touch the opposite knee to hand as you sit up.

Parents Signature: .....

