

# Plank to Push-up Challenge



## Can you master the plank to push-up challenge ?

- For children in Year 5 and 6.
- Start in the plank position, with both forearms on the floor.
- Bring yourself up into the top of a press-up position, with hands on the floor and both arms straight.
- Bring yourself back down into the planks with both forearms on the floor. This is one repetition.
- See how many full reps you can do in one minute.
- You have until the **Friday 26th March** to complete the challenge .
- Please complete the attached scoresheet and email back to [D.Sweeney@kirkbyhighschool.net](mailto:D.Sweeney@kirkbyhighschool.net)
- When completing the scoresheet please put the number of children that competed in each year group and **ONLY** put the name and time of the top scorer in each year.