



Over Hall Community School

SUMMER HOLIDAY CHALLENGES



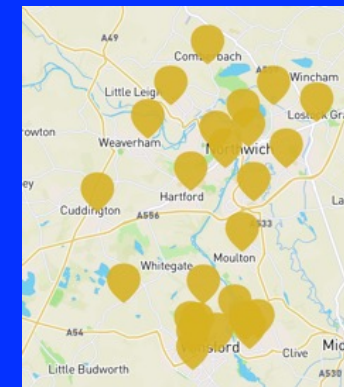
20 Second Sprint on Spot	10 Lunges	15 Second Plank	60 Seconds Tip Toe Hold	FINISH
10 Star Jumps	5 Sit Ups	10 Burpees	10 Squats	
20 Mountain Climbers	10 Lunges	10 Squats	10 Burpees	
60 Seconds High Knees	10 Star Jumps	10 Squat Jumps	15 Second Plank	10 Burpees
10 Tuck Jumps	5 Crunches	10 Star Jumps	10 Burpees	20 Second Sprint on Spot
10 Second Wall Sit	5 Sit Ups	20 Mountain Climbers	5 Crunches	
START	10 Star Jumps	10 Burpees	10 Tuck Jumps	10 Lunges

ACTIVITY CHALLENGES

If you are looking for fun challenges which will help you develop your skills or fitness, [click here to visit our Activity Challenge directory](#) with over 100 individual activities and family games!

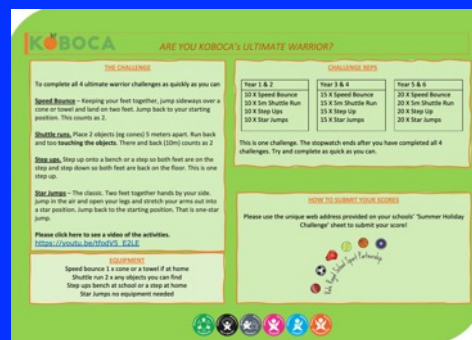
FAMILY PHOTO TRAILS

Help keep the whole family active together by choosing one of the 27 Family Photo Trails we have created to add some fun to your regular walks. [Click here to choose your first trail](#)



VIRTUAL ULTIMATE WARRIOR

Can you be the nations' Ultimate Warrior? [Click here to download the challenge](#), start the clock and get active. [Click here to record your score for your school!](#)



BEAT A WORLD RECORD

Ever wonder what it feels like to take on a world record? [Click here to see what it takes to beat Olympians and Paralympians and take on challenges of your own!](#)

