## **HATHERN CE PRIMARY SCHOOL: 30 DAYS OF FITNESS CHALLENGE**

## Body Shapes



Ta-Da



Pike



Lunge



Tuck



Donkey Kick



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Candlestick Push-up



Table



Arabesque



Hollow



Straddle



Headstand



Arch



Handstand



Bridge



Freeze



Slide



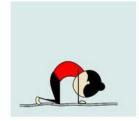
Flamingo



V-Sit



Rest





Hold each shape for 3 seconds. Challenge a partner to call out shapes and test your memory and rotate. Can you create a routine of 6-9 shapes, holding for 3 seconds each and perform without hesitation?

Write down your score on your 30 Days of Fitness Sheet and try and beat it next time! And Don't Forget to Wash Your Hands after!

