

Bunscoil McAuley Rice Weekly Challenges

- All photos to be sent to mrwalsh2ndclass@gmail.com
- Keep an eye on the school website for photos and videos explaining the exercises

Week 3 Checklist

Tick when completed	Exercise	Completed by:
	8km walk/run/cycle	
	300 Butt Kickers	
	250 Ski Hops	
	250 Frog Jumps	
	120 Knee to Elbow Hops	
	60 Crunches	
	500 seconds of skipping	
	100 hops on one foot (50 per side)	
	370 Running Man steps	
	63 Starfish Sit Ups	

Weekly Challenge: How long can you balance on one foot with your eyes closed?

- Each family member is timed as they balance.
- You can't switch feet. Choose a foot at the start and you have to stick with that foot.
- Record each person's time.
- The average time your family takes will be your score for the challenge (total time in seconds will be divided by how many people took part).

Average time taken:

Our challenge for week 3 is balancing on one foot with your eyes closed. How long can your balance for? Like last week, the average score of your family will be your score for the challenge. Will we have a new leader board this week? Keep an eye on the school website for pictures throughout the week. All photos can be sent to mrwalsh2ndclass@gmail.com

Best of luck!!