

Bunscoil McAuley Rice Final Week Challenges

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

Challenge 1: How many push ups can you do in 60 seconds?

- Each family member is timed as they attempt the push ups.
- Record the amount of push ups each person completes.
- The average amount of push ups your family completes will be your score for the challenge (total amount of push ups will be divided by how many people took part).

Average amount of push ups completed:

Challenge 2: How many burpees can you do in 60 seconds?

- Each family member is timed as they attempt the burpees.
- Record the amount of burpees each person completes.
- The average amount of burpees your family completes will be your score for the challenge (total amount of burpees will be divided by how many people took part).

Average amount of burpees completed:

Challenge 3: How long can you last in the Superman Hold?

- Each family member is timed as they hold the position.
- Arms and Feet are straight and up in the air.
- Record each person's time.
- Time stops if legs or arms touch the ground touch the ground.
- 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:

Challenge 4: How long can you last in the Hang Tough?

- Each family member is timed as they hold the position.
- Record each person's time.
- Time stops if feet touch the ground.
- 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: