

Bunscoil McAuley Rice Weekly Challenges - Week 4

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

Week 4 Checklist

Tick when completed	Exercise	Completed by:
	8km walk/run/cycle	
	300 Scissor Kicks	
	250 Heel Touches	
	250 Bend and Reach	
	120 Karate Kicks	
	60 Inch Worms	
	500 Mountain Climbers	
	100 Russian Twists	
	370 Shoulder Taps	
	63 Sit Ups	

Weekly Challenge: How long can you last in the Hollow 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 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:

Our challenge for week 4 is the hollow hold. How long can you hold 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!!