

St James' Personal Challenges: Week 2

Back by popular demand! It was so great to see so many of you joining in with the personal challenges last week. There were some very impressive attempts!

I have listed a new set of challenges in the table below. Remember to attempt each challenge 3 times to try and beat your score. You might want to have a practice first. Good luck!

<u>Challenge of the Day</u>	<u>First Attempt</u>	<u>Second Attempt</u>	<u>Third Attempt</u>
Monday: 30 seconds – Squats			
Tuesday: 30 seconds – Sit ups			
Wednesday: 30 seconds – Tuck Jumps			
Thursday: Plank Position (Time)			
Friday: 30 seconds – Press ups (on your knees if you need to!)			

Please send any completed tables to your class teacher or to Mr Hodges (foxclass@st-james.kent.sch.uk) by the end of this week along with any photo/video evidence if you want to!