

Ballyadams Fitness Fifty Challenge.

Tick off what you do each day. Your child will be familiar with all exercises as we use them regularly for Active Lines.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10 Star Jumps</p> <p>10 Mountain Climbers</p> <p>10 Pop Squats</p> <p>10 Burpees</p> <p>10 Bicycle Kicks</p>	<p>Throw a ball against a wall and catch 10 times</p> <p>Throw a ball into the air and catch 10 times</p> <p>Throw a ball against a wall and catch it one-handed, 10 times</p> <p>Bounce a ball fast 10 times</p> <p>Pass a ball around both legs 10 times</p>	<p>Count 10 seconds for each exercise.</p> <p>Wall Squat</p> <p>High Knees</p> <p>Rope Climbing</p> <p>Jog On The Spot</p> <p>Skipping (No rope needed)</p>	<p>Kick a ball against a wall or to someone 10 times.</p> <p>Solo a ball 10 times.</p> <p>Try solo on your other leg 10 times.</p> <p>Kick or throw a ball into a target 10 times.</p> <p>Pass a ball around your waist 10 times.</p>	<p>10 Squats</p> <p>10 Mountain Climbers</p> <p>10 Heel Kicks and Punch Bag</p> <p>10 Rabbit Hops <small>(Legs out behind you, hands on the ground, jump with both legs in and out)</small></p> <p>10 Foot Fires</p>
<p>I did it! <input style="width: 50px; height: 30px; border: 2px solid black;" type="checkbox"/></p>	<p>I did it! <input style="width: 50px; height: 30px; border: 2px solid black;" type="checkbox"/></p>	<p>I did it! <input style="width: 50px; height: 30px; border: 2px solid black;" type="checkbox"/></p>	<p>My Score: <input style="width: 50px; height: 30px; border: 2px solid black;" type="checkbox"/></p>	<p>I did it! <input style="width: 50px; height: 30px; border: 2px solid black;" type="checkbox"/></p>