



Challenge cards



**YOUTH
ACTIVATORS**

CHERWELL DISTRICT COUNCIL



Tips

Clean all equipment before and after use



Always maintain 2m distance for all exercises/ circuits



Make sure all pupils washed their hands before and after the session



If any card suggests using equipment that you don't feel comfortable using skip this card or improvise

Equipment substitute

Chair bench dips – sit on the floor with your knees bent and your arms behind your bottom. Lift your bottom off the floor and then dip your elbows to complete the bench dip

Skipping – complete the same movement but without the rope

Speed bounce – complete the same movement but just imagine you are jumping over something

Chair squats – complete the same movement but without the chair

Circuit 1



Step Ups

How many can you do in 30 seconds?

Circuit 1

1



2



Chair bench dips

How many can you do in 30 seconds?

Circuit 1



Skipping

How many can you do in 30 seconds?

Circuit 1



Star jumps

How many can you do in 30 seconds?

Circuit 2



Press Ups

How many can you do in 30 seconds?

Circuit 2



Running with high knees

How many can you do in 30 seconds?

Circuit 2



Ball around the body

How many can you do in 30 seconds?

Circuit 2



Frog jumps

How many can you do in 30 seconds?

Circuit 3

1



2



Sit ups

How many can you do in 30 seconds?

Circuit 3



Hopping

How many can you do in 30 seconds?

Circuit 3



Burpees

How many can you do in 30 seconds?

Circuit 3



Alternate hand ball bounce

How many can you do in 30 seconds?

Circuit 4



Running on the spot

Run for 30 seconds

Circuit 4



Bouncing a ball on
your hand

How many can you do in 30 seconds?

Circuit 4

1



2

Squat Jumps

How many can you do in 30 seconds?

Circuit 4



Air punches

How many can you do in 30 seconds?

Circuit 5



Speed Bounce

How many can you do in 30 seconds?

Circuit 5

1



2

Chair squats

How many can you do in 30 seconds?

Circuit 5



Hoola hoop

How many can you do in 30 seconds?

Circuit 5



Keepy Ups

How many can you do in 30 seconds?