

SHEFFIELD VIRTUAL
SCHOOL GAMES 2020
22ND – 26TH JUNE
F82 – YEAR 10

ACTIVITY 6
PLANK FOR POINTS

DESCRIPTION

Plank for as long as you can for a maximum time of 3 minutes using the same position as in the diagram. Get somebody to time for you.

Tips: Use an exercise or yoga mat for comfort. Try and avoid completing the task on hard surfaces. Keep your back flat, don't stick your bum in the air.



EQUIPMENT REQUIRED

Stopwatch

HOW TO SCORE

Simply record how long you can plank for in minutes and seconds.

Record your performance on the scoresheet.

When submitting your score, tick the relevant time bracket box.

Scan the QR Code
link to watch a
useful video



SCAN ME

Consider the School
Games Values when
completing the activities!



Why not get your parents to tweet us
photos and video updates?

@ForgeSSP
@PointsLN
@ArchesSSP
@LinksSSP

#SheffieldVirtualSchoolGames
#StayInWorkOut

