## Are you NORTH KIRKLEES’ ULTIMATE WARRIOR? Key stage 1



**The Challenge**

To complete as many of each exercise as you can in: 20 seconds (YR1-2) OR 15 seconds (Reception).

**Ski Jumps** Jump from side to side as if you were skiing. Swing your arms and bend your knees to jump from side to side. Complete as many as you can in the allotted time. Each just counts as 1.

**Alternate toe taps** Stand with legs shoulder width apart. Use right hand to touch left foot then left hand to touch right then stand up straight. Keep repeating for allotted time. Each set counts as 1.

**Star Jumps** The classic. Two feet together hands by your side. jump in the air and open your legs and stretch your arms out into a star position. Jump back to the starting position. That is one-star jump.

**Climb the rope** Pretend you are climbing a rope, bring the left knee to right elbow and then right knee to left elbow, keep going as fast as you can for allotted time. Each movement counts as 1.

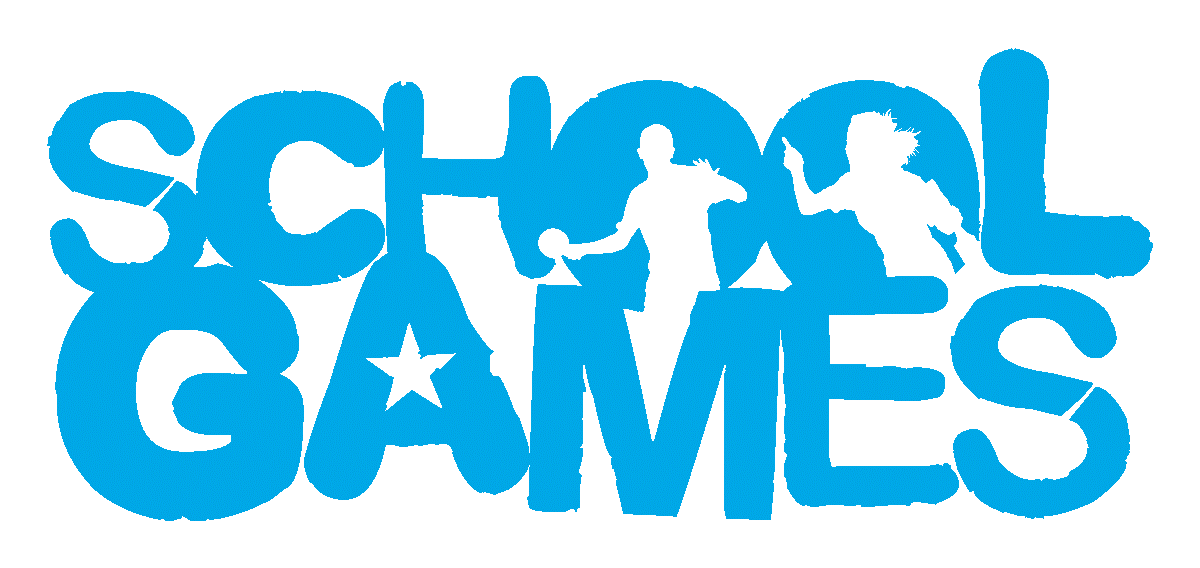
CHALLENGE REPS

Each exercise is individually timed. The stopwatch ends after 20 seconds/15 seconds.

Try and complete as many as you can.

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| Year 1 & 2 |
| 20 secs X Ski Jumps  20 secs X Toe Taps  20 secs X Star Jumps  20 secs X Climb the rope |

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| Reception |
| 15 secs X Ski Jumps  15 secs X Toe Taps  15 secs X Star Jumps  15 secs X Climb the rope |



**Equipment**

Stopwatch

Large area to compete

**How to Score?**

Just enter how many of the exercise you achieved during the set time limit.

Repeat this for each exercise.

The ultimate warrior will be the boy & girl who can complete the most of each exercise in the set time.

The clock keeps running!

Good Luck!

A picture containing room

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