Cushion Challenge

WEEK 2 - CHALLENGE

Personal Challenge

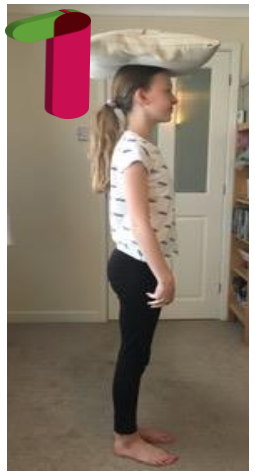
OVERVIEW

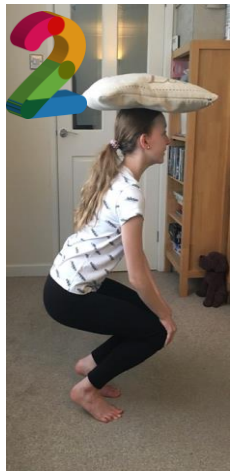
AIM: Balance a cushion on your head and complete as many sets of the challenge as possible in 2 minutes.
One set: Move from a standing to V Sit position and back to standing.

Set Up and Rules

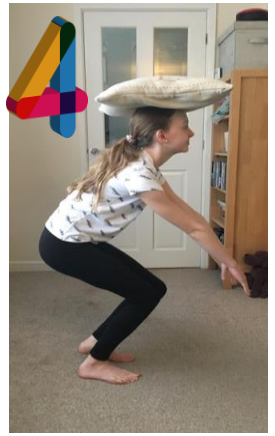
Stand up straight in a flat space large enough for you to lay down.
Balance a cushion or bean bag on your head.
Whilst balancing the cushion/bean bag slowly move into a sitting position on the floor – you can use your hands to move into a seated position but do not touch the cushion, unless it falls off!
Once seated perform a V Sit (see pictures) the cushion/bean bag still needs to be balancing on your head.
Hold the v sit for 3 seconds. Slowly return to a standing position.

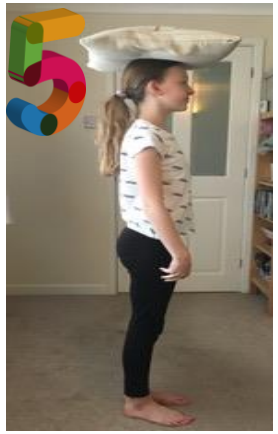
COACHING TIPS: Practice v sits without a cushion and improve your core strength.











SCORING & JUDGING

Rules:
If the cushion/bean bag falls off your head you must stop replace it and continue with the challenge.
Mastered:
How many sets (standing to v-sit to standing) can you complete in 2 minutes.

How To Practise / Get Better: Practice moving from a standing to sitting position without a cushion. Get better – use a smaller cushion.

Individual Scoresheet.

Try to do the Challenge twice a day.

Record your first attempt and best score

Send your results to your teacher at the end of the week

Name:- Year Group:- School:-	#Cushion Challenge Attempt 1	#Cushion Challenge Attempt 2
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
	1st Score:	Best Score:

Name:- Year Group:- School:-	#Cushion Challenge Attempt 1	#Cushion Challenge Attempt 2
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
	1st Score:	Best Score: