Berkshire Active Virtual Games 2021 Fitness Frenzy

Challenge 1- Mountain Climbers

Teacher Guidance link

<https://getberkshireactive.org/uploads/ks2-fitness-frenzy-guidance-and-challenges.pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-25.pdf>

EQUIPMENT

None

TO PLAY

Place your hands & feet on the floor in a plank position. Then raise one knee to your chest and then back on the floor. Then raise the other knee to your chest. Repeat.

TOP TIPS

Keep your back straight.

Get a family member to time you and count your mountain climbs.

SCORING

Complete as many climbs as possible in 60 seconds. You score 1 point for every knee to chest.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=2ohltOjIjrk&feature=youtu.be>