

## ALL STAR CHALLENGE

The All Star challenge requires young people to complete different fitness activities in 20 seconds, 40 seconds or 60 seconds. They must count how many repetitions of the activity they can complete in the time. This activity can be completed as a large circuit-style activity and each station can have a team of five. Young people can record their individual scores and their accumulative team scores. Young people can complete the All Star challenge for each time category.



# ALL STAR CHALLENGE

## ALTERNATIVE CIRCUIT

Please adapt the All Star Challenge to suit your classes own needs. Example of seated exercises that could replace parts or all of the circuit are set out below.

### ARM RAISES

Ask students to sit upright with their arms by their sides. With palms forwards, they raise both arms out and to the side, and up as far as is comfortable. Return to the starting position and repeat.

### HIP MARCHING

Students keep hands holding the sides of the chair and lift one leg with their knee bent, then place back down. Repeat with the opposite leg. Ensure students sit upright and do not lean on the back of their chair while completing the exercise.

### SEATED SHOULDER PRESS

Provide students with lightweight dumbbells or water bottles as weights. Students sit upright with feet flat on the floor. Ask students to hold their chosen weight in each hand at their shoulders, with elbows bent and palms facing forward. Students press their arms straight upwards, extending their elbows then carefully lower back to the starting position.

### THE TWIST

Students sit upright with their feet on the floor and arms crossed to hold each shoulder. Without moving their hips, students turn their upper body to the left as far as is comfortable, hold for five seconds, then repeat on the right side.

### HALF JACKS

Ensure the chair is secure against a wall so it will not slip. Students begin with feet together on the floor and hands at their sides. Extend/jump the left foot out to the left side, whilst raising the left arm to the side, then return quickly to the starting position. Repeat, alternating left and right sides.