

Primary at home challenges

Gym 1: Balance challenge.

Do each challenge at least 5 times. Don't forget to try both legs!

1. Can you stand on 1 leg for 10 seconds?
2. Can you stand on 1 leg on a cushion for 10 seconds?
3. Can you do 10 heel raises on two feet without losing balance?
4. Can you do 10 heel raises on 1 leg without losing balance?
5. Can you balance on 1 leg with your eyes closed for 10 seconds?
6. Can you think of another challenge?

GOOD LUCK!

Can you challenge
a family member?

