



# VIRTUAL SPORTS DAY 2020

## FOUNDATION & KEY STAGE 1

What ?



### THE PLANK!

**You Will Need:**

» Carpet Floor, Rug or Grass (soft surface)

Why ?



- Children can explore how to balance
- Children can hold a basic shape that has been shown to them
- Children can show control and tension when performing static balances

How ?



- ① Move your body into an orthodox press-up position
- ② Rest your upper body on your forearms with both legs in an extended position (dig toes into the floor)
- ③ Keep the line of the body as straight as possible, avoiding any 'peaks' and 'dips' as you hold a static position
- ④ Record how long that you can maintain the plank position before losing your shape and falling from the base position (e.g. 1 minute 15 seconds should be recorded as 75 seconds)

#HavingFunSafely

