








**Sports For  
Champions UK**  
Community Interest Company

# CHAMPIONS ACADEMY

## PE SESSION

# PLANK CHALLENGE

### How to Play:

-  Find an open and flat space without many obstacles.
-  It's best to use some sort of mat to ensure you are comfortable while you plank.
-  Lay down and clasp your fists together under your chest.
-  Point your toes towards the ground, and lift yourself up off the ground into the position shown below, making sure you keep your back straight and hips up!
-  Set a stopwatch, and for every ten seconds you plank up to the 30 second mark you earn one point, after 30 seconds every ten seconds is worth 2 points. Following the one minute mark, you will earn three points for every ten seconds you continue to plank!

### Make it Easier:

- Lift your legs onto a yoga ball, or sofa and extend your arms.
- Breathe steadily to engage your abdominal muscles.

### Make it Harder:

- Extend your arms into a push up position and hold the plank like that.



ENJOY THIS EXERCISE?

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