

SUPERHERO CHALLENGE!

SUPERMAN PLANK!

CAN YOU FLY LIKE SUPERMAN?!



This competition is for children in years 1 and 2

Get into a press up position on the floor.

Lift up one arm off the ground and the opposite leg off the ground.

Time how long you can hold this position, as soon as you hand or foot touches the floor stop the clock!

You have until the Friday 28th May to complete the challenge with as many children as you want.

Please complete and email back the attached scoresheet to d.sweeney@kirkbyhighschool.net.

When completing the scoresheet please put the number of children that competed in each year and

ONLY put the name and score of the top scoring child in each year group.