



Core Strength: Side Plank Challenge

Equipment:

Yoga mat x2.

Set-up:

Lay yoga mats side by side.

Description:

This activity will help to develop upper body stability, shoulder and core strength. Student will assume a side plank position (side-lying and propped up on elbow) for the exercise and hold as long as they can.

Instructions:

Students will compete against each other trying to outlast the opponent in holding the side plank position. The contest will begin on coach's command and the student that lasts longest will win a point. The contest will be repeated on the other side with a point being awarded to the winner again.

Scoring:

If one student wins more challenges than any other then they score a 3. If there is a tie for wins then both score a 4. Anyone that didn't win overall will score a 5.

