



Core Strength: Plank

Equipment:

Yoga mat x2, stopwatch

Set-up:

Roll out the yoga mats parallel to one another.

Description:

Each student will assume the plank position on their elbows and toes (as demonstrated above). The aim is to hold the position as long as possible. Make sure the student is in the correct position without their buttocks sticking up in the air.

Instructions:

Each student is shown how to plank prior to the activity beginning. The coach will then begin a countdown which leads the students into their bridging position. Each student tries to stay in the bridge as long as they can until they can no longer keep themselves up. The student is told their time by the coach as soon as they fall to the ground. They have two attempts at this activity to get the longest time that they can.

Scoring:

The student that is able to hold the plank the longest will score a 3. The runner-up will score a 4 and all others in the group will score a 5.

