

HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE

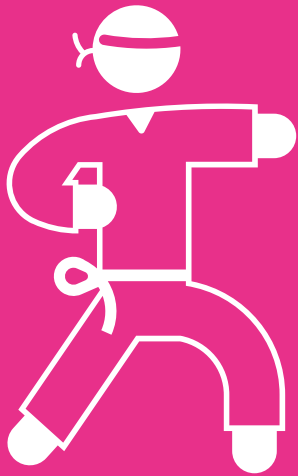


Wk2 'Train It Thursday': Karate

- Ask a partner to hold a toilet roll upright on a flat hand at your punching height. Make sure your fingers stay together and your hand stays flat. There arm should be extended.

- (If right-handed) Standing in a lunge stance with your left leg forward and using your right arm, aim to punch the toilet roll target as any times as you can in 30 seconds.

- Each time you hit the toilet roll target you get 1 point; you then collect the toilet roll and it back to your partner and return to the start position.



How many times can you punch the toilet roll in 30 seconds?