



The Manor
Preparatory School



60 Second Challenge

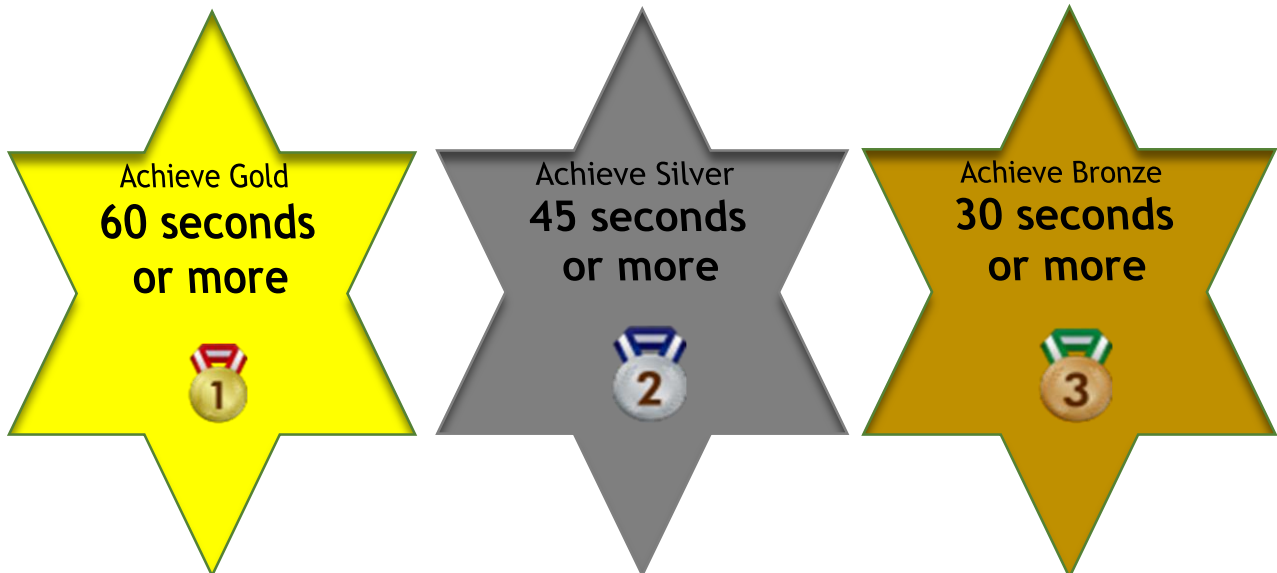
‘THE PLANK’

Can you focus
and show self
belief even
though it is
hard?

The Physical Challenge

Can you hold the ‘plank’ position
for 60 seconds?

Make sure you keep your bottom down and
back straight. Keep your forearms on the floor.



EQUIPMENT

Just yourself and enough space on the floor!
Who can hold the plank position longest in your family?