

Are you North Yorkshire's Ultimate Warrior?

The Challenge

To complete all four Ultimate Warrior challenges as quickly as you can, in one go.

Speed Bounce – Keeping your feet together, jump sideways over a marker or towel and land on two feet. Jump back to your starting position. This counts as 2 – i.e. 1 point scored for every jump.

Shuttle runs. Place two objects (e.g. cones) 5 metres apart. Run between the two markers, **touching the objects** before you turn. There and back (10m) counts as 2 – i.e. 1 point every time you touch one of the markers/objects.

Step ups. Step up onto a bench or a step so both feet are on the step and step down so both feet are back on the floor. This is one step up.

Star Jumps – The classic. Two feet together hands by your side. Jump in the air and open your legs and stretch your arms out into a star position. Jump back to the starting position. That is one-star jump.

Equipment

Speed bounce - 1 x marker or a towel if at home.

Shuttle run - 2 x any suitable objects you can find.

Step ups - bench at school or a step/stairs at home.

Star Jumps - no equipment needed - just a safe space!

CHALLENGE REPS

Year 1 & 2

10 X Speed Bounce

10 X 5m Shuttle Run

10 X Step Ups

10 X Star Jumps

Year 3 & 4

15 X Speed Bounce

15 X 5m Shuttle Run

15 X Step Ups

15 X Star Jumps

Year 5 & 6

20 X Speed Bounce

20 X 5m Shuttle Run

20 X Step Ups

20 X Star Jumps

This is one combined challenge. The stopwatch stops after you have completed all four challenges. Try to complete them as quickly as you can.

How to Score?

Once you have your time, you can either email it to srobinson@ladylumleys.net (please include your name, school, Year group and time in seconds), or you can enter your time directly onto the North Yorkshire Sport entry form using the following link:

[North Yorkshire Sport - Ultimate Warrior - Primary](#)

The ultimate warrior will be the boy & girl who can compete all of the above in the quickest time. No breaks between...the clock keeps running!

The top three boys and girls from across North Yorkshire in each competition will each receive a School Games medal.

Deadline for entries is Friday 19th March. Good Luck!

