

ARE YOU KOBOCA'S ULTIMATE WARRIOR?

The Challenge

To complete all 4 ultimate warrior challenges as quickly as you can

Speed Bounce – Keeping your feet together, jump sideways over a cone or towel and land on two feet. Jump back to your starting position. This counts as 2.

Shuttle runs. Place 2 objects (eg cones) 5 meters apart. Run back and too **touching the objects**. There and back (10m) counts as 2

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 cone or a towel if at home

Shuttle run 2 x any objects you can find

Step ups bench at school or a step at home

Star Jumps no equipment needed

CHALLENGE REPS

Year 1 & 2	Year 3 & 4	Year 5 & 6
10 X Speed Bounce	15 X Speed Bounce	20 X Speed Bounce
10 X 5m Shuttle Run	15 X 5m Shuttle Run	20 X 5m Shuttle Run
10 X Step Ups	15 X Step Up	20 X Step Up
10 X Star Jumps	15 X Star Jumps	20 X Star Jumps

This is one challenge. The stopwatch ends after you have completed all 4 challenges. Try and complete as quick as you can.

How to Score?

Just enter the time it took you to complete all 4 activities in one go at www.koboca.co.uk using the below login details or click on the link:

<https://www.koboca.co.uk/koboca-ultimate-warrior18/?q=71356519&s=6e7ec223>

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!

To view your schools progress in the leagues, click here:

<https://www.koboca.co.uk/league-table/?s=4969&id=21&gender=combined&year=&sporty=allandcombined>

Good Luck!

