



PE SKILL SCHOOL

CHALLENGE #8

PLAN-KING CHALLENGE

HOW
MANY TIMES CAN A FRIEND
PASS A HOOP OVER YOU
WHILE YOU PLANK?



RULES!

- 1) You need a friend and a hoop.
- 2) Get into the plank position - Only your forearms and toes can touch the floor.
- 3) Your friend has to pass a hoop over you as many times as possible.
- 4) You get 1 point each time the hoop goes all the way over you.
- 5) Score as many as you can before you can no longer hold your weight.

TIPS!

- Keep your body straight.
- Pull your tummy in to tighten your core.



WHAT'S YOUR STANDARD?



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