



WEEK 5

SHOULDER-TAP PLANK CHALLENGE

This challenge has been set by **Lauren** from **Ealing** and **Max** from **Merton**
Watch the challenge video on the LYG website from 9am on Monday 22nd February [here](#)

Challenge Description:

How many shoulder taps whilst in plank position can you do in 30 seconds?

Scoring:

You will receive 1 point each time you tap your shoulder.

Adaptations of Challenge:

- To make this challenge slightly easier, place your knees on the floor whilst completing your shoulder taps.
- To increase the difficulty, try increasing the speed you are tapping your shoulders and try stepping your feet at the same time.
- The challenge can be done outdoors or indoors.

Coaching Tips:

Try to engage your core muscles whilst doing this challenge. Create a straight, strong line from head to toes and try not to bend upwards or downwards. It is important that you keep your hips as still as you can whilst in plank position, trying not to rotate them as you tap your shoulders.

Benefits From Challenge:

This challenge will help improve your core strength, balance and co-ordination.

Remember to submit your scores before Friday 26th February at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG