

Wall Sit Challenge



Students, see how many of the following wall sit exercises you can accomplish. If you can do the challenge, put a check in the box.

Wall Sit Task	Did you do it?
Print this sheet off and be excited to try!	✓
Do a 30 second wall sit.	
Do a 45 second wall sit with your arms in the air.	
Do a 30 second wall sit while dribbling a ball.	
Do a 1 minute wall sit.	
Do a wall sit with only your left leg on ground, you can put your right ankle on left knee.	
Do a wall sit with only your right leg on ground, you can put your left ankle on right knee.	
Do a wall sit and play someone in rock, paper, scissors. Go until you win 3 times.	
Do a 2 minute wall sit.	
Do a 45 second wall sit and at the same time punch your arms.	
Do a wall sit and throw a ball up in the air and catch it. Don't stop until you get 10 catches.	