



WILTSHIRE VIRTUAL SCHOOL GAMES: Wall Sit



THE CHALLENGE

Wall Sit

- Stand 1 step away from a wall, facing outwards, and with your feet shoulder-width apart.
- Squat down until your back is flat against the wall, as if you are sitting on an imaginary chair.
- Your knees should be over your feet and your thighs should be parallel with the ground.
- How long can you stay in the Wall Sit?
- Get creative: what can you do while you are in the Wall Sit? You could read, sing, juggle, tell a joke – whatever you can think of, give it a go!

Please watch the demonstration videos on our website/social media

WHAT YOU WILL NEED

Space

Inside or outside. You just need a small area of flat wall space.

Task

You can have as many attempts as you like!

Equipment

You do not need any equipment for this challenge.

People

You may also need someone to time you and to video you doing the challenge.

For advice on how to make these activities more inclusive, visit our website

SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 3rd July at:

www.wiltssport.org/virtual-school-games

Find us on Twitter, Instagram & Facebook @wiltssport #wiltssg

