

Name/Title: Knicks Plank Challenge

Purpose of Event: To have students work on their core strength and their reaction time.

Suggested Grade Level: 4-12

Materials Needed: Two different colored cones.

Description of Idea

This is a fun activity to help kids work on their core muscles.

[Video](#)

Variations:

If the plank is too challenging have students do it from a squat position.

Adaptations for Students with Disabilities:

for student who is color blind. Tell them which hand the color is on for example orange cone is on your right hand side.

Submitted by **Idrissa Gandega** in New York, NY. Thanks for contributing to PE Central! **Posted on PEC: 6/8/2022.**

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