

PE FITNESS CHALLENGE

How many can you do in 100 seconds?

RULES:

1. SOMEONE MUST TIME YOU AND COUNT YOU
2. YOU ARE ALLOWED 2 CHANCES. RECORD BEST RESULTS

PREPARATION:

1. Ensure you have looked at the correct technique for each challenge to ensure your results are valid.
2. Ensure you complete a thorough warm up to help achieve best results possible

		RESULT
1	JUMPING JACKS (TOUCH THE FLOOR, JUMP HIGH)	
2.	BUTTERFLY SIT UPS (FEET KEEP TOGETHER/ TOUCH THE FLOOR BEHIND HEAD)	
3.	MOUNTAIN CLIMBERS (KNEES PULLED UP AS HIGH AS POSSIBLE)	
4.	BURPEES (CHEST TO FLOOR, JUMP HIGH)	
5.	PUSH UPS (CAN BE DONE ON KNEES)	
6	LUNGES (ALTERNATE LEG USED)	
7	RUSSIAN TWISTS (LEGS CROSSED, TWIST FULLY, HANDS TOGETHER)	
8	STEP UPS (USE BOTTOM STEP OF STAIRS)	

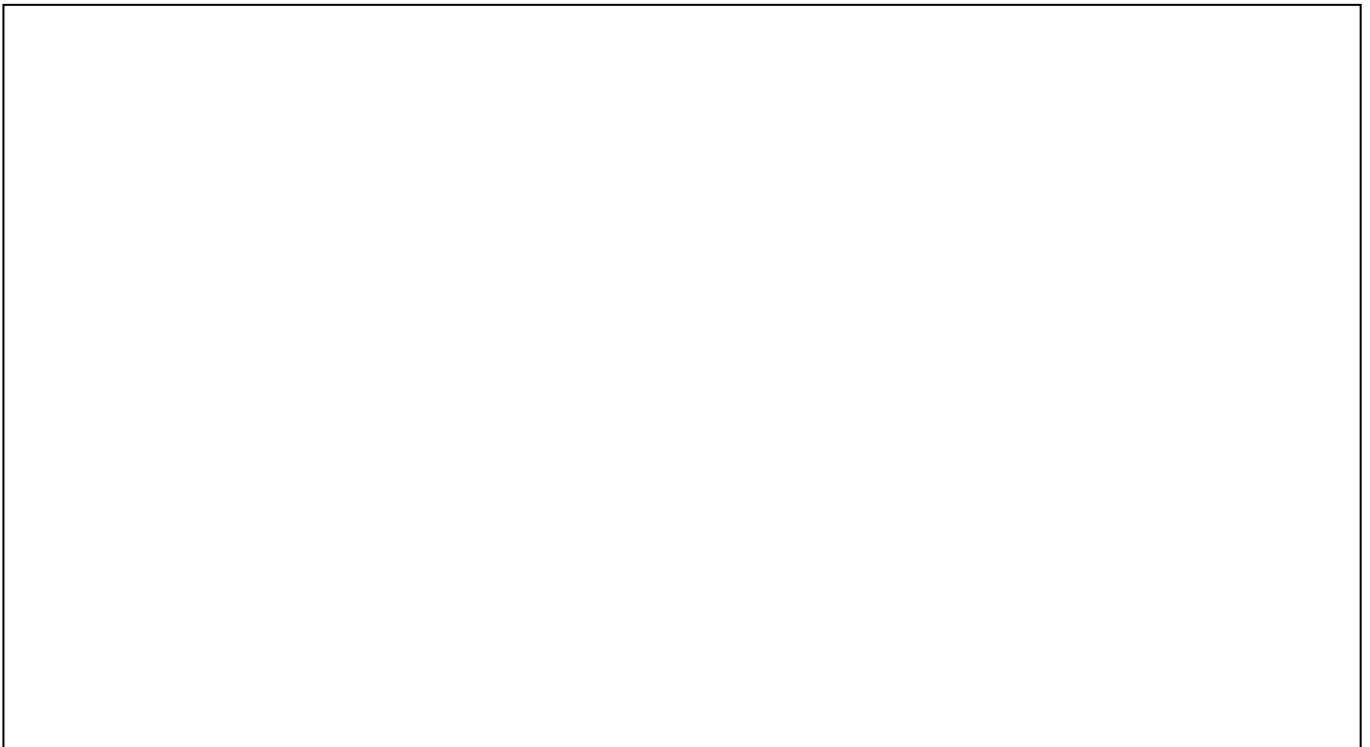
EVALUATION:

- USING YOUR ASSESSMENT SHEETS IN YOUR PLANNERS HOW WOULD YOU DESCRIBE THE LEVEL AT WHICH YOU WORKED AT? (mentally and physically)
- WHAT COULD YOU DO BETTER?

RED: EXPLORE/ATTEMPT/ REPEAT

YELLOW: BASIC CONTROL

GREEN: LINK SKILLS

A large, empty rectangular box with a thin black border, occupying the lower half of the page. It is intended for students to write their answers to the evaluation questions listed above.