

Today for P.E we are going to do a fitness challenge!

Perhaps you could do this challenge with someone at home.

How many of each exercise can you complete in 60 seconds (1 minute).










Extra challenge

If you did these exercises everyday do you think the number of each exercise you can do in 60 seconds would change?

Maybe you could try it?

Fitness Challenge

How many of each exercise can you complete in 60 seconds?

	Jumping Jacks	
	Sit-Ups	
	Hops	
	Toe touches	
	Push-Ups	
	Step-Ups	
	Jump Ropes	