BGE PE Challenge Week (26/5/2020)

Over the course of the coming week test yourself against the teachers to see how many of each exercise you can do in **30s**. Record this in the table below and send it back via SMH by the end of the week.



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| **Exercise** | **Miss Ashmole’s Score** | **Your Score** |
| Press Ups | 24 |  |
| Sit Ups | 17 |  |
| Squats | 26 |  |
| Star Jumps | 36 |  |
| Mountain Climbers | 28 |  |
| Keepy Uppies (If you have a ball and appropriate space) | 4 |  |
| Plank (How long can you hold for) | 30 seconds |  |