P.E. CHALLENGE

Can you rise to the challenge?

What you will need: Stopwatch, water bottle

Complete 30 seconds of each exercise and count how many you have done. Record you score for each week (see table below) and try to beat your personal best.

Remember to warm up before your physical activity and cool down at the end. Please take a short rest between each activity.

Finally, can you do the plank? How long can you plank for? Record your times for this each week too!

We can’t wait to see your scores – enjoy!

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| **ACTIVITY** | **Total**  **Week 1** | **Total**  **Week 2** | **Total**  **Week 3** | **Total**  **Week 4** | **Total**  **Week 5** |
| Star Jumps |  |  |  |  |  |
| Burpees |  |  |  |  |  |
| Squats |  |  |  |  |  |
| Sit ups |  |  |  |  |  |
| Press ups |  |  |  |  |  |
| High knees |  |  |  |  |  |
| Leg raises |  |  |  |  |  |
| THE PLANK (time) |  |  |  |  |  |