

	Health and Fitness
Monday	<p style="text-align: center;"><u>'Fitness Challenge'</u></p> <p>The challenge consists of 10 exercises that you perform and write your scores down for. Once you have completed the challenges, send the results in and they will be added to our scoresheet.</p> <p style="text-align: center;">We will have overall winners at the end of the challenge.</p> <p style="text-align: center;">This is all about PERSONAL ACHIEVEMENT so try YOUR best.</p> <p style="text-align: center;">The exercises are (there are videos in the resources to show you how to do them)</p> <ol style="list-style-type: none">1. Jumping Jacks (How many in 1 minute)2. Press Ups (How many in 1 minute)3. Sit Ups (How many in 1 minute)4. Spotty Dogs (How many in 1 minute)5. Plank (How long can you hold it for?)6. Burpees (How many in 1 minute)7. Stand to Lays (How many in 1 minute)8. Russian Twists (How many in 1 minute)9. Mountain Climbers (How many in 1 minute)10. Ski Jumps (How many in 1 minute)
Tuesday	
Wednesday	
Thursday	
Friday	