





## Fitness Challenges

Complete the following challenges once every day this week. Each challenge, will be need to be timed for 60 seconds. Count up how many times you can do the challenge within the 60 seconds. I have given you 5 challenges. Can you create two extra challenges? See if you can improve your score each day. Good luck! :D



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Star Jumps</p> 					
<p>Throw and Catch a Ball</p> 					
<p>Sit down and stand up</p> 					
<p>Draw a line on the floor and jump from side to side</p> 					
<p>Step up and down onto something (E.g. A box)</p> 