**Ramsden Hall Iron Man**

This is a fun exercise test that can be done either on your own or with your family. Staff from Ramsden Hall will post their own scores so you can have a teacher rating and compare your results. You can email your results to [admin@ramsdenhall.org.uk](mailto:admin@ramsdenhall.org.uk) either by uploading the results table below or simply emailing the results and we can post a league table on the website. This is how to do the different tasks:

**Hanging Test:** Try to find somewhere to hang with your feet off the ground, if you do not have anywhere in the house try and go for a walk with someone in your house and find a tree. Jump up to the branch and see how long you can hang for, record in seconds.

**30second sit up:** Bend your legs slightly and see how many sit ups you can do. If you want get someone to hold your feet.

**Standing Stalk:** Place the sole of one foot onto your calf and then raise onto the ball of your foot. Stop the time as soon as your heel touches the floor or when you start to hop!!!!!!

**Standing Long Jump:** Stand behind a line with both feet parallel and jump as far as you can, measure the distance from the heel closest to the starting line.

**Wall Sit:** Sit leaning against the wall with your knees at a 90°, time yourself how long you can stay there in seconds.

**30second Press Up:** See how many press you can do in 30seconds. Try to bend your arms to a right angle and count how many press ups you can do.

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| **Test** | **Family Member 1** | **Family Member 2** | **Family Member 3** | **Family Member 4** | **Average Score** |
| **Hanging Test**  **(Seconds)** |  |  |  |  |  |
| **30second Sit up Test**  **(Score)** |  |  |  |  |  |
| **Standing Stalk (Seconds)** |  |  |  |  |  |
| **Standing long Jump**  **(Distance in Metres)** |  |  |  |  |  |
| **Wall sit**  **(Seconds)** |  |  |  |  |  |
| **1min Press**  **(Score)** |  |  |  |  |  |