

Keeping ourselves fit !

You will need a min timer. Record how many you can do in 1 min. Have a 1 min rest inbetween each activity.



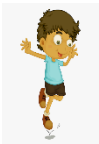
1. Jump on the spot for 1 min. How many did you do in 1 min ? _____



2. How many times can you climb the stairs in 1 min ? _____



3. How many star jumps can you do in 1 min ? _____



4. High knee raises. How many can you do in 1 min ? _____



5. Use your skipping rope. How many skips can you do in 1 min ? _____