

Fitness challenge

Name:

We normally complete this at the beginning of every term. You could use this as your weekly PE alongside other things. I have put in some extra columns so you can record when else you do the events. Your whole family can get involved in this one too! You could create a competition. Who can throw the furthest? Who can jump the longest? Who can run the fastest?

Event	Explanation	Date:	Date:	Date:	Date:
Throwing and catching (1 minute)	How many times can you throw and catch a ball in one minute?				
Speed bounce (30 seconds)	How many times can you jump over something? You could lay a skipping rope down or a stick. You just jump from left to right over it using both legs together. How many can you do in 30 seconds?				
Running lengths (1 minute)	Mark out a distance of about 20m (if possible). How many times can you run from one end to the other in one minute?				
Dinosaur nest (1 minute)	If you have hula hoops lay out 5 next to each other and jump from one to the other and back again. How many 'lengths' can you jump? For those without hula hoops, you could mark out the hoop shapes using chalk, skipping ropes even socks!				
Step ups (1 minute)	For those with stairs, how many times can step ups can you do in one minute? You only do one step and down not the whole staircase! Those without stairs, could you use something else to create the step.				
Skipping (1 minute)	Using a skipping rope, how many jumps can you do in one minute?				
Star jumps (1 minute)	How many star jumps can you do in one minute?				
Standing long jump (m/cm)	Mark a starting line. Complete a standing two footed jump. Measure how far you jumped (remember it is measured to the back of your foot not your toes!				

Standing high jump (m/cm)	May be tricky at home. Using chalk against a brick wall, measure how high you can reach. Then jump up with the chalk and mark your jump. Measure the distance between the 2 marks.				
Medicine ball (m/cm)	This is using a 1kg ball (unlikely to have one of those at home!). Measure how far you can throw a football sized ball.				
Balance bar (How long can you stay on?)	This is essentially how long you can stay on one foot. You could swap foots and measure how long you can do that for too.				