

Daily Challenge - PE and Maths #17



On time 1 hour challenge

| Choose your activity | |
|----------------------|--|
| Press ups | |
| Sits ups | |
| High Jumps | |
| Squats | |

Instructions

Choose your activity

Start on the hour (any hour is suitable)

When the minute hand gets to the next number complete the activity for that time. Rest in-between.

Basic challenge = 1 at 5 past, 2 and 10 past etc.

Advanced challenge = 5 at 5 past, 10 at 10 past etc.

Further maths= Work out the total number activities.

Add up all you have completed

