

Skills Challenge #17

Focus on:

Strength



Personal Best: Challenge

5 Days | 90 Seconds |
Record your scores |
What is your personal best?

Number of Sit Ups	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

The skill: Crunch time

1. From sit up position
2. Complete as many Sit ups as you can
3. In 90 seconds
4. Record your score



Head to head | Best of three | Record your scores
Who wins?





Vs Challenge




	Player 1 Score:	Player 2 Score:	Winner
1 st 90 Seconds			
2 nd 90 Seconds			
3 rd 90 Seconds			

Daily Challenge - PE and Maths #21



Problem solving workout

Level 1		
	= 6	
	= 10	
	= 12	
	=	





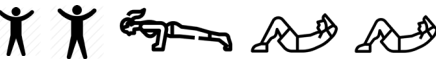
Press ups:		=
Sit ups:		=
Star Jumps		=




Instructions

Pick your level

Using the information you are given work out what the number each picture represents (fill in your answers at the bottom)

Complete the work out each row at a time

Level 2		
	= 15	
	= 19	
	= 22	
	=	
	=	

Press ups:		=
Sit ups:		=
Star Jumps		=