

Skills Challenge #23

Focus on: **Cardiovascular**

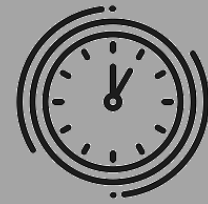


endurance

The skill: **Fit in 5**

Set up two cones/objects

1. Complete 5 activities
2. 60 Seconds per activity, no breaks
3. Record your total score (Reps)
4. Repeat each day








5 min

Personal Best: Challenge

5 Days | Record your total score |
What is your best day?

Total Score (Reps)	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Best day:	

Activity 1 (60 Seconds)	Activity 2 (60 Seconds)	Activity 3 (60 Seconds)	Activity 4 (60 Seconds)	Activity 5 (60 Seconds)
Sit ups 	Press ups 	Star Jumps 	High Knees 	Tri Dips 

Vs Challenge

Head to head | Record your scores | Who wins?

	Player 1 Score	Player 2 Score	Winner
Total Score (REPS)			



PE SCHOLAR

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