



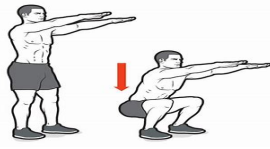


PE GET ACTIVE CHALLENGE

Remember to do a warmup before you start and complete the exercises with correct techniques and carry them out safely and in safe place.

- Do each exercise for 30 seconds, then have a 30 second rest. After each exercise record how times you did the exercise (repetitions) in the score column. Repeat the exercises until you have done 15 minutes or more.
- You can also make it more challenging by doing each exercise for longer and repeating the number of times you do them.
- Why not challenge a family member to do it with you and see who can get the highest score?!

Exercise	Technique picture	Round 1 30 seconds	Round 2 30 seconds	Round 3 30 seconds
Star jumps				
Burpees				
Mountain climbers				
Calf Raises				
Squats				
Speed bounce	