



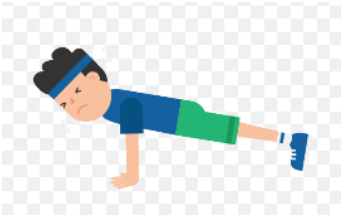




## Daily activity challenge

**How many can you do in 1 minute?**

		Score					
1.		<b>Jumping Jacks or Star jumps</b>					<b>M   T   W   T   F</b>
2.		<b>Sit- ups</b>					<b>M   T   W   T   F</b>
3.		<b>Jumps</b>					<b>M   T   W   T   F</b>
4.		<b>Kick ups</b> <b>How many can you do in one minute.</b>					<b>M   T   W   T   F</b>
5.		<b>Push – ups</b>					<b>M   T   W   T   F</b>
6.		<b>Boxing</b> <b>Shadow box for 1 minute without stopping</b>					<b>M   T   W   T   F</b>
7.		<b>Skipping</b> <b>On the spot, can you count how many jumps you do.</b>					<b>M   T   W   T   F</b>