

#staysafe #staystrong #brainandbody HANFORD HATHERN CE PRIMARY SCHOOL: 30 DAYS OF FITNESS CHALLENGE



#staysafe #staystrong #brainandbody **HATHERN CE PRIMARY SCHOOL: 30 DAYS OF FITNESS CHALLENGE**

Name:			Health and F	itness	Name:	Name:			Health and Fitness	
Start Date:			Activity Log		Start Date:			Activity Log		
Fitness Test 1: As many reps as possible in 1 minute OR hold for 1 minute					Fitness Test 1: As many reps as possible in 1 minute OR hold for 1 minute					
Press-Ups	Sit-Ups	Burpees	Plank	Step -Ups	Speed Bounce	Shuttle run	Cone Collect	Balance Bums	Hula Hoop	
Fitness Test 2:	As many reps a	s possible in 1 mii	nute OR hold fo	r 1 minute	Fitness Test 2: As many reps as possible in 1 minute OR hold for 1 minute (Repeat Fitness Test 1 after 1 week)					
Press-Ups	Sit-Ups	Burpees	Plank	Step -Ups	Speed Bounce	Shuttle run	Cone Collect	Balance Bums	Hula Hoop	
Fitness Test 3: Press-Ups	As many reps a	s possible in 1 mii Burpees	nute. OR hold fo	or 1 minute Step -Ups	(Repeat Fitness	Shuttle run	•	nute OR hold for Balance Bums	Hula Hoop	
,		'			Beep Test: Date		Cone Collect	Balance Bums	Hula Hoop	
Beep Test: Date:					1 st Attempt					
1 st Attempt					2 Nd Attempt					
2 Nd Attempt Targets:					Targets:					
			Toon		-			T		
I want to			I can		I want to			I can		

Remember!

These exercises can be done with minimal equipment and space.

All our exercises contribute to your 30 Days of Fitness challenge

Write down your score on your 30 Days of Fitness Sheet and try and beat it next time! Good Luck

And Don't Forget to Wash Your Hands after!