**Task:** Complete the 5 challenges in 5 minutes (EACH CHALLENGE IS 1 MINUTE). Find out what your score is at the end.

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| --- | --- | --- |
| **Challenge** | **Scoring** | **Points** |
| **Steps** | 150+ = 10 points  75 -149 = 7 points  30 - 74 = 5 points  Less than 30 = 0 points |  |
| **Hopping on 1 Foot** | 75+ = 10 points  51-74 = 7 points  20 - 50 = 5 points  Less than 20 = 0 points |  |
| **Arm Circles (same direction, both arms)** | 75+ = 10 points  51-74 = 7 points  15 - 50 = 5 points  Less than 15 = 0 points |  |
| **Sit-ups** | 21+ = 10 points  11 - 20 = 7 points  5 - 10 = 5 points  Less than 5 = 0 points |  |
| **Lunges** | 21+ = 10 points  11 - 20 = 7 points  5 - 10 = 5 points  Less than 5 = 0 points |  |
| **TOTAL POINTS** | |  |

How will your teacher know you are completing the videos? **BOTH** NEED TO BE INCLUDED:

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* Complete the chart above.