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

|  |  |  |
| --- | --- | --- |
| **Challenge** | **Scoring** | **Points** |
| **Steps** | 150+ = 10 points75 -149 = 7 points30 - 74 = 5 pointsLess than 30 = 0 points |  |
| **Hopping on 1 Foot** | 75+ = 10 points51-74 = 7 points20 - 50 = 5 pointsLess than 20 = 0 points |  |
| **Arm Circles (same direction, both arms)** | 75+ = 10 points51-74 = 7 points15 - 50 = 5 pointsLess than 15 = 0 points |  |
| **Sit-ups** | 21+ = 10 points11 - 20 = 7 points5 - 10 = 5 pointsLess than 5 = 0 points |  |
| **Lunges** | 21+ = 10 points11 - 20 = 7 points5 - 10 = 5 pointsLess 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.