

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_

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| **ACTIVITY** | **ESTIMATED STEPS** | **ACTUAL STEPS** | **DIFFERENCE** |
| Run around basketball court |  |  |  |
| Walk around the center circle |  |  |  |
| Sprint a set of lines |  |  |  |
| Skip to touch N, S, E, W walls |  |  |  |
| Walk from endline to endline |  |  |  |
| Carioca around the volleyball court 2 times |  |  |  |
| Do 50 jumping jacks |  |  |  |
| 25 Steam Engines |  |  |  |
| 10 Squat jumps |  |  |  |
| 1 minute of the Fastest tag in Colorado  (5 pushups to get back in after being tagged) |  |  |  |