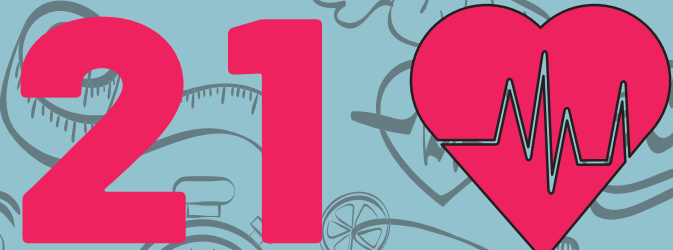




20 THE FITNESS FACTOR



MON

TUE

WED

THUR

FRI

SAT

SUN

SQUATS

How many bodyweight squats can you perform in 60s?



STAR JUMPS

How many star jumps can you perform in 60s?



BEAR-CRAWL

How far can you bear-crawl in 60s?



SINGLE LEG BALANCE

You have 60s to balance for as long as you can on one leg.



PLANK

You have 60s to hold a plank for as long as you can.



CHALLENGE A CLASSMATE

Can you keep a balloon up in the air for 60s? If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

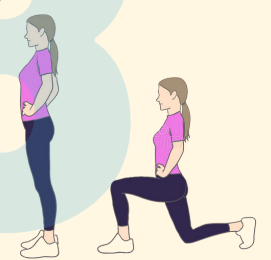
Use crunched up paper or a bag if you don't have a balloon.

Walk to a landmark, historical place or favourite spot of yours that is local to you.



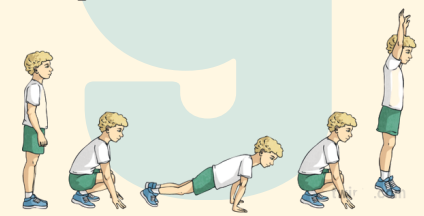
LUNGES

How many lunges can you perform in 60s?



BURPEES

How many burpees can you perform in 60s?



CRAB-WALK

How far can you crab-walk in 60s?



SUPERMAN BALANCE

You have 60s to hold a superman pose for as long as you can.



TUCK SIT

How many tuck sits can you perform in 60s?



CHALLENGE A CLASSMATE

How many times can you throw a beanbag into a hoop in 60s? Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown..

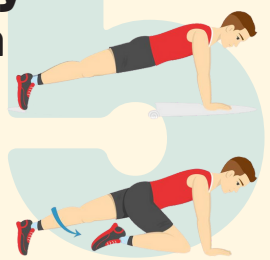
Use a pair of socks and a washing basket if you don't have the equipment.

Create a fun dance to your favourite song.



MOUNTAIN CLIMBERS

How many mountain climbers can you perform in 60s?



TUCK JUMPS

How many tuck jumps can you perform in 60s?



DUCK-WALK

How far can you duck-walk in 60s?



SINGLE-LEG HOPS

How far can you hop on one foot in 60s?



SIDE-PLANK

You have 60s to hold a side-plank for as long as you can.



CHALLENGE A CLASSMATE

How many times can you throw a ball up, clap once and catch it in 60s? The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

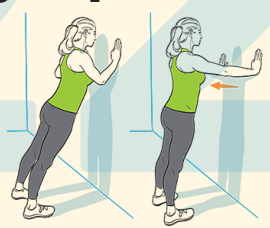
Use a pair of socks or a toilet roll if you don't have a ball.

Make up a new game for indoors or outdoors.



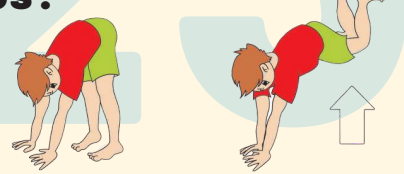
WALL PUSH-UPS

How many wall push-ups can you perform in 60s?



DONKEY KICKS

How many donkey kicks can you perform in 60s?



CROUCHING TIGER-WALK

How far can you crouching tiger-walk in 60s?



SINGLE-LEG REACH

You have 60s to balance for as long as you can while leaning forward on one foot.



PLANK SHOULDER-TAPS

How many plank shoulder-taps can you perform in 60s?



CHALLENGE A CLASSMATE

How many times can you pass a ball through both of your legs in 60s? If you drop the ball you need to pick it up quickly and carry on.

Use a toilet roll or a cuddly toy if you don't have a ball.

Get on your wheels.

