



# PE SKILL SCHOOL

## CHALLENGE #16

### FITNESS BLEEP TEST!

WHAT LEVEL CAN YOU GET TO?

### RULES!

- 1) Place 4 cones 15m apart.
- 2) Download a bleep test app or video.
- 3) Follow the instructions - Get to the other end each time before the bleep.
- 4) Complete as many levels as you can.



### TIPS!

- Pace yourself!
- Wait for the beep before you set off again.
- Maintain steady pace.



### WHAT'S YOUR STANDARD?



Completed Level

7



Completed Level

9



Completed Level

11