



Get Set 4 P.E.

National Fitness Day

"In it for a minute challenge"



Name: _____

Complete an activity from the boxes below continuously for 60 seconds, then cross the box out. Can you cross out all of the boxes today?

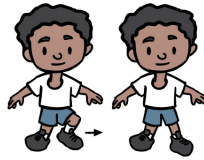


hula or pretend to hula

draw circles with one foot and then the other



side step



flap your arms like a bird

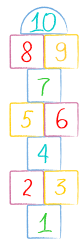
throw and catch



v-sit



squat



hop scotch

stand on one foot and draw a cross with your other foot



crab walk



sit down and stand up

jump as far as you can



walk on your tiptoes

dance



pretend to pedal a bike with your hands



bear crawl



touch as many green things as you can



lunge



pick up a pencil with your foot

pass something around your body



play tag



pretend to scuba dive



sit up



touch your head, shoulders, knees and toes



plank

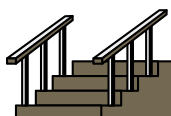


make as many letters as you can with your body

run



walk or run up and down the stairs



star jump



skip or pretend to skip



@getset4pe

www.getset4pe.co.uk