

Staying Fit Challenge:

Task 1: How many of these physical activities can you do in 60 seconds?

Make sure to take a 1 minute rest after each activity.

Daily Challenge - PE and Maths #3



Averages

Activity		Your Score
60 Seconds Squats		
90 Seconds alternate leg lunges		
60 Seconds sit ups		
30 Seconds bicep curl (with or without weights)		
60 Seconds jumping (with or without rope)		

Memory prompt

Mode

Most common number (if there is one)

Median

Middle number when in order (lowest to biggest)

Mean

Add up all scores and divide by number of activities (5)

Range

Highest score minus the lowest score

Your Mode

Your Median

Your Mean

Your Range



PE SCHOLAR

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Extra: How many star jumps can you do in 60 seconds?

How many press-ups can you do in 60 seconds?

Make sure to record your results on the worksheet

For each activity, how many can you do in 60 seconds?

Make sure to take a 1 minute rest after each activity.

Activity	Score	
Squats 		
Alternate leg lunges 		
Sit-ups 		
Biceps curl 		
Jumping (with/without rope) 		
Press - ups 		
Star Jumps 		

Extension:

Try the same challenge but for 100 seconds

Maths Extension: Multiply your score by its multiplier

For each activity, how many can you do in 60 seconds?

Make sure to take a 1 minute rest after each activity.

Activity	Score	<i>Multiply your score by</i>
Squats		X 5 =
Alternate leg lunges		X 6 =
Sit-ups		X 7 =
Biceps curl		X 8 =
Jumping (with/without rope)		X 12 =
Press - ups		X 15 =
Star Jumps		X 25 =

Extension Task:

Daily Challenge - PE and Maths #2

Race to Zero

