

# P.E



## CHALLENGES

MAKE A **NOTE OF YOUR RESULTS** - **SEE IF ANYONE IN YOUR HOUSE CAN TRY AND BEAT THEM.**

1. How many star jumps can you do in a minute?
2. How long can you hold the plank position?
3. Can you do a push-up?
4. Time to test your core, how many sit-ups can you do in 30s?

