**Let’s Get Active**

Have a go at the 8 exercises on the PowerPoint.

Spend 1 minute on each exercise and record how many of each you exercise you complete in the table below. Keep a track of your score each day or PE lesson and upload your sheet back to your teacher at the end of the week or half term. Have fun. Mum or dad might want to have a go as well!

**Name:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| date |  |  |  |  |  |
| Burpees |  |  |  |  |  |
| Lunges |  |  |  |  |  |
| Plank |  |  |  |  |  |
| Press ups |  |  |  |  |  |
| Side stretches |  |  |  |  |  |
| Squats |  |  |  |  |  |
| Star jumps |  |  |  |  |  |
| Tuck jumps |  |  |  |  |  |

Plank – you will need to record how long you could hold it for.