

Monday 1.3.21 Jigsaw

Think about everything you can do now without stopping for a break: play football for half an hour, skip with a rope for 10 minutes, do jumping jacks for 2 minutes, hop on the spot 20 times, run really fast between two points, etc.

Draw or write what you can do now, and how many you can do or for how long/how far. Then think about how you can challenge yourself. Your challenges need to be realistic and manageable.

Healthy Me

My Fitness Challenge Chart - Year 3 - Piece 2

Name	
Age	
Class	

Now I can...	How many? How far? How long?	I want to be able to...	How many? How far? How long?

Did I achieve my fitness challenge?