

Thursday 25th February 2021

WALT: Create our own fitness challenge.

Name	Mr Ord
Age	
Class	Tiger class

Now I can...	How many? How far? How long?	I want to be able to...	How many? How far? How long?	How did I feel when I achieved my challenge?
Run 5km	23 minutes	Run 5km	22 minutes.	
Squat	45 seconds	Squat	1 minute 20 seconds	
Press ups	15	Press ups	20	
Keepy ups	28	Keepy ups	40	

Did I achieve my fitness challenge?