

FITNESS FRIDAY Friday 26th February 2021

Hello Year 4

Hope you are keeping well and looking forward to coming back to school on March 8th. Today you are going to be teaming up with one child in the video and compete against the other 2 children. Who will win? Make sure you pick the child you want to work with before we begin the exercises. There will be 4 exercises today and you will do them for 30 seconds each time.

Names	Press-ups	Burpess	Squat Jumps	Star Jumps	TOTALS
TOTALS					

Fill in the table above, including the totals for each child and the totals for each exercise and then answer the questions below.

1. Which child got the highest total?
2. Which team won? By how much?
3. Which exercise had the highest total?
4. Work out each team's average score. (Add up the total score and then divide by 2 because there are 2 people in each team.
5. What was the Range (the difference between the child with the highest score and the lowest score)?
6. What was total score for all 4 children?
7. If you had carried on at the same pace for the full minute how many would you have done for each exercise?