April 22-May 1

Monday:

Old School Fitness Tests

Do as many sit-ups as possible in 1 minute

Do as many push-ups as possible in 1 minute

Long Jump

 Stand with feet together, jump as far as possible, land on both feet

 Measure how far you jumped; do it again

Tuesday:

Old School Fitness Tests

How fast can you run a mile?

Make sure you cool down/walk after

Wednesday:

Old School Fitness Tests

Shuttle Run

 2 lines 30’ apart

 Run and touch the line, run back touch the other line, do it again

50 Yard Dash

Run 50 yards as fast as possible

Thursday:

High Jump

 Measure how high you can jump

Pull-ups

 How many pull ups can you do without stopping?

Friday:

Sit and Reach

 Sit with your legs together and straight out in front of you

 Reach with both hands as far as you can without bending your knees

Create your Own Test

 Make up your own fitness test

 Try it out, then try it on your family