**100 Point Challenge**

**Name: Year: School:**

**Students** have 30 minutes to complete as many tasks as possible. You can rest whilst doing a task but **cannot** leave it and go back later – you only have 30 minutes

Each task is worth so many points.

Add up you points at the end to see what level you have achieved

Can be repeated over multiple lessons to track progress or for pupils to try different combinations.

Set up as a multi stage fitness lesson

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| --- | --- |
| **Level** | **Your total points** |
| Bronze 25 |  |
| Silver 50 |  |
| Gold 75 |  |
| Platinum 100 |  |

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| --- | --- | --- | --- |
| **Circle each activity as you complete it. Add your points up at the end and put them in the table above.** | | | |
| **5 points** | **10 points** | **15 points** | **20 points** |
| 5 Star jumps | 10 Star Jumps | 20 Star Jumps | 30 Star Jumps |
| 5 Press Ups | 10 Press Ups | 20 Press Ups | 30 Press Ups |
| 15 Second Plank | 30 Second Plank | 1 Minute Plank | 2 Minute Plank |
| 5 Burpees | 10 Burpees | 20 Burpees | 30 Burpees |
| 5 Sit Ups | 10 Sit Ups | 20 Sit Ups | 30 Sit Ups |
| 10 Lunges | 14 Lunges | 20 Lunges | 30 Lunges |
| 5 Spotty Dogs | 10 spotty dogs | 15 spotty dogs | 20 spotty dogs |
| Run on the spot 10 sec | Run on the spot 15 sec | Run on the spot 20 sec | Run on the spot 30 sec |
| 5 Squats | 10 squats | 15 squats | 20 squats |
| 10 Step ups | 15 Step ups | 20 step ups | 25 step ups |
|  |  |  |  |
| One row can be left blank for school specific tasks e.g. if a school wants to use a rowing/running machine. | | | |