Year 4 ECS half term fitness challenge HL 14.10.20

SUN	MON	TUE	WED	THUR	FRI	SAT
15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water	15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water	15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water	15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water	15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water	15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water	15 minutes of exercise 2 servings of fruit 3 servings of vegetables 8 sit-ups 8 push-ups 4 glasses of water
Give up item you wrote on line above						