Year 4 ECS half term fitness challenge HL 14.10.20

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