 **Summer Sports Challenge**

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| Activity | Date completed and score | | | | | | | | | | |
| Skipping – how many skips in a day/3 mins/5 mins |  |  |  |  |  |  |  |  |  |  |
| Running – how far in 3 minutes? |  |  |  |  |  |  |  |  |  |  |
| Sprinting – how far in 5 seconds? |  |  |  |  |  |  |  |  |  |  |
| Standing long jump – how far? |  |  |  |  |  |  |  |  |  |  |
| Sit-ups – how many in a minute? |  |  |  |  |  |  |  |  |  |  |
| Step-ups – how many in a minute? |  |  |  |  |  |  |  |  |  |  |
| Star jumps – How many in a minute? |  |  |  |  |  |  |  |  |  |  |
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