Name:	Date:	
		$\overline{}$

Outdoor PE Challenge Activities

Activity Description	How many can you do in 100 seconds?		
Jumping Jacks			
Sit-Ups			
Hops			
Toe Touches			
Push-ups			
Step-Ups			
Jump Rope			
Reflection Questions			

1.	Which activity was the fastest?	
2.	Which activity was the most fun?	