



Madley Fitness Training



Pupil Record Card



Name _____

Class _____

Date								
1. Speed Bounce(over a pair of shoes)								
2. Step Ups								
3. Skipping								
4. Shuttle Runs (max 10m)								
5. Sit Ups								
6. Squats								
7. Dribbling a ball. (5m)								
8. Star Jumps								
9. Beanbag balance(5m)								
10. Throw for Accuracy								
11. Ball head, shoulders, knees and toes.								
12. Ball Catch(ball thrown above head)								
Total Score								

For your P.E. we would like you to try and complete these activities. In each of your PE lessons have a go at each activity for no more than a minute each. Resting for at least 2 mins between each. Record your scores and send a photo in on Seesaw so that we can see how hard you have worked . Then see if you can improve the next time. Good luck, Mr Hutton.