**Fitness / Measurement Mash-up!**

(You will need a water bottle and someone to help you out with this activity)

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Vertical jump:** Measure how high you can jump from a stand still. (Stand next to a wall and reach your hand up the wall as high as you can. Have someone mark how high you can reach. Then jump as high as you can straight up in the same spot and measure the difference between where you started and how high your hand reached with your jump) *Try this three times and take only your best score*.

**Best jump: \_\_\_\_\_\_\_\_ cm**

**Standing long jump**: This is the same as we did in our fitness testing earlier in the year at school. Start behind a mark, then throw yourself as far forward as you can landing on your feet. Measure from the starting point to the back of your heel. *Try this three times and take only your best score.*

**Best jump: \_\_\_\_\_\_\_\_ cm**

**Jumping jacks:**

* Do jumping jacks for 30 seconds (Count as you go)
* Rest 30 seconds
* Do jumping jacks for 1 minute (Count as you go)
* Rest 1 minute
* Do jumping jacks for 2 minutes (Count as you go)
* Rest 1 minute

Look at your totals? Did your number double each time? If not, why? If they did, why?

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**Sit-ups:** Do as many sit-ups as you can in one minute. You can rest, but you will only have 60 seconds to do your push-ups. (The person helping you can hold your feet and help count)

* How many did you get? \_\_\_\_\_\_\_
* **Rest 2 minutes**. Lay on the floor and concentrate on taking deep breaths and slowing your heart rate.
* Do as many sit-ups as you can in 30 seconds.
* How many did you do?
* **Rest 1 minute**, relaxing and working on your breathing
* Do as many sit-ups as you can in 30 seconds.
* How many did you get this time?

Did you do better when you did you sit-ups for one minute, or two 30 second sessions? Why?

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**Cool down:** Get a drink of water and stretch for 5 minutes. Concentrate on holding your stretches while continuing to take deep breaths. \**Make sure you stretch your core, as well as your legs so that you aren’t too sore tomorrow.*\*