

FITNESS ACTIVITIES

- 1) Keep a record of your activity scores over the course of **FIVE** days. Work out the differences between the first and last days.
- 2) Google the Olympic records for 100m & 200m sprint records (for men & women) . How much quicker are the Olympic records than **YOUR** record?
- 3) What type of other exercises could you do to improve your fitness? Make up another **THREE** and try them out on your pals.

100 m run					
200m run					
5kg weight lift					
Squat thrusts per minute					
Sit-ups per minute					

