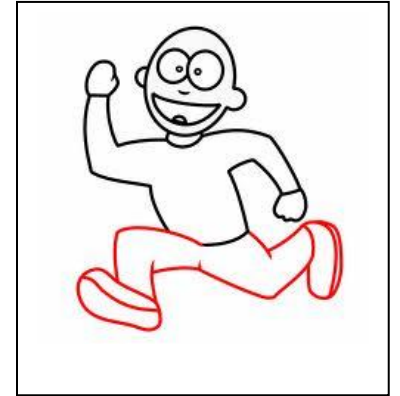


## Year 4 Fitness Training



### Pupil Record Card



I predict \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
1. Jumping					
2. Step Ups					
3. Skipping					
4. Sit Ups					
5. Squats					
6. Spotty Dogs					
7. Star Jumps					
8. Push ups					
<b>Total Score</b>					

My conclusion \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_