



FITNESS OLYMPICS SCORECARD

Team name _____ Date _____

Record your total team points for each event:

	First attempt (baseline)
Figure-eight dribble 2 points for each cone passed	
Speed rope skipping 1 point for each successful jump	
Curl-ups 2 points for each curl-up	
Chest or bounce pass with partners 2 points for each successful pass	
Push-ups 3 points for each complete push-up	
Ball hop 4 points for each line touched	
Plank <ul style="list-style-type: none">• 1 point for each second• 2 points for each second in full front support position	
Jump rope <ul style="list-style-type: none">• 90 points with no misses• 70 points with only 1 miss• 50 points with 2 misses• 30 points with 3 to 10 misses• 20 points with 11 to 15 misses• 10 points with more than 15 misses	
Basketball spot shot <ul style="list-style-type: none">• 5 points for each basket made• 1 point for each attempt missed	
Shuttle run 1 point for each successful turn	
Total points	

Use these scores as the baseline to set goals for the next time that your team does this activity.