



Carrot30Corn20Potato15Broccoli10

Peas	8
Tomato	7
String Bean	6
Asparagus	4

Team A



Team B

Name one Vegetable

Apple30Orange20Banana15Strawberry10

Watermelon	8
Grape	7
Cherry	6
Peach	4

Team A



Team B

Name one Fruit

Jumping Jacks30Sit Ups20Push Ups15Heel Circles10

Low Bridge	8
Runners Stretch	7
Nose to Toes	6
Shoulders ‡‡↔↔	4

Team A







Team B

Name one Exercise we do in the Daily Warm up

Chicken Dance30YMCA20Cha Cha Slide15Cotton Eyed Joe10

Electric Slide	8
Hokey Pokey	7
Follow the Leader	6
The Hustle	4

Team A







Team B

Name one dance we have learned in P.E.

Walk 30

Run 20

Skip 15

Jump 10

Gallop 8

Hop 7

Slide 6

Leap 4

Team A







Team B

Name a Locomotor Movement

Sit ups	30
Pull Ups	20
Sit and reach	15
Mile Run	10

Shuttle Run	8
Height	7
Weight	6
4	

Team A



Team B

Name one part of the Physical Fitness Test

Running 30

Jogging 20

Walking

To

Bicycling 10

Jump roping8Swimming7Dancing6Aerobics4

Team A







Team B

Name an exercise that makes your heart beat faster

Football 30
Basketball 20
Soccer 15
Baseball 10

Hockey 8

Lacrosse 7

Volleyball 6

Team A



Team B

Name a Team Sport