



Physical Education Olympics



Directions: Today you are going to compete in the Physical Education Olympics. Complete the exercise and record the number you completed in the time allowed. **You will need a stopwatch and a helper to time and count for you. You will perform each exercise for 30 seconds. Remember to concentrate and use good form!** I've included a picture of each exercise but if you need a description or video explanation you can use Google or YouTube.



1. **Mountain Climbers:** Each time you switch your legs you should count one repetition.

Number of reps you completed: _____

Bronze = 20-30

Silver = 30-50

Gold = 50 & above



2. **Squat Jumps:** Each time you squat and then jump you should count one repetition.

Number of reps you completed: _____

Bronze = 0-10

Silver = 10-20

Gold = 20 & above

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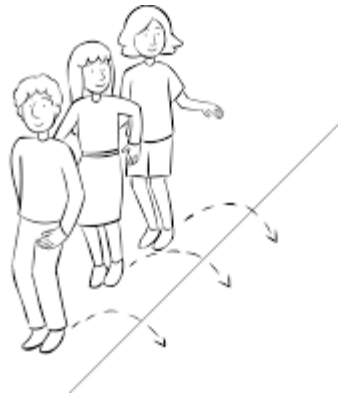
3. **Burpees:** Each time you jump at the end of your burpee you should count one repetition.

Number of reps you completed: _____

Bronze = 0-5

Silver = 5-10

Gold = 10 & above



4. **Side to Side Jumps over a Line:** Each time you jump over the line you should count one repetition.

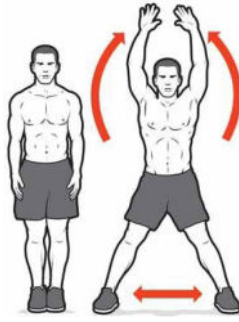
Number of reps you completed: _____

Bronze = 0-30

Silver = 30-60

Gold = 60 & above

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5. **Jumping Jacks:** Each time your hands come together at the top you should count one repetition.

Number of reps you completed: _____

Bronze = 0-20

Silver = 20-35

Gold = 35 & above



6. **Heel Flicks (or Standing Butt Kicks):** Each time you “kick your butt” you should count one repetition. These should be done standing in one spot.

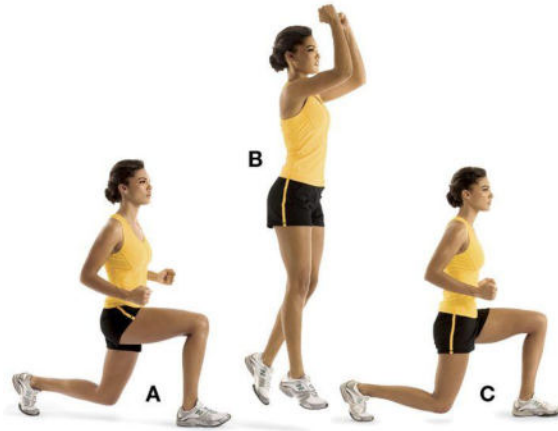
Number of reps you completed: _____

Bronze = 20-30

Silver = 30-50

Gold = 50 & above

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7. **Alternating Jumping Lunges:** Start in a lunge position with your right foot forward. As you jump up from your lunge you switch your legs in midair so that you land in a lunge with your left foot forward. Repeat. Each time you switch your legs you should count one repetition.

Number of reps you completed: _____

Bronze = 0-10

Silver = 10-20

Gold = 20 & above



8. **Push-Ups OR Knee Push-Ups:** Each time you lower and then lift your body you should count one repetition.

Number of reps you completed: _____

Bronze = 0-5

Silver = 5-10

Gold = 10 & above

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9. **Plank Jacks:** Start in a push-up position. Your arms/upper body stays stationary. Jump your feet out as if you were doing a normal jumping jack and back in again. Each time you jump your feet out you should count one repetition.

Number of reps you completed: _____

Bronze = 0-15

Silver = 15-25

Gold = 25 & above

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Name: _____

Grade: _____



NOTE: This page must be returned back to school on April 28th.

Exercise	# of Reps you completed	Medal you earned
Mountain Climbers		
Squat Jumps		
Burpees		
Side to Side Jumps		
Jumping Jacks		
Heel Flicks		
Alt. Jumping Lunges		
Push-ups or Kneel Push-ups		
Plank Jacks		