



CAN YOU COMPLETE ALL THE FITNESS THEMED CHALLENGES TODAY?

You can complete a bingo board yourself, with your friends or as a class.

Remember to use the Fit for Life videos to help you!

1
LEARN A FIT FOR LIFE MOVEMENT

TAKE A LOOK AT THE FIT FOR LIFE MOVEMENTS FOR NEW IDEAS

2
WALK OR RUN FOR 5 MINUTES OF LUNCH

CAN YOU DO IT WITH SOME FRIENDS?

3
SHOW DETERMINATION

PUSH YOURSELF!

4
COMPLETE A BRAIN BREAK

CHOOSE A BRAIN BREAK WORKOUT TO COMPLETE IN CLASS

5
CONGRATULATE A CLASSMATE AFTER A WORKOUT

HI-FIVE, SAY WELL DONE, FIST BUMP

6
COMPLETE A FFL CLASSROOM OR STANDARD WORKOUT

CHOOSE A STANDARD WORKOUT OR CLASSROOM WORKOUT TO COMPLETE

7
COMPLETE 30 BODY WEIGHT SQUATS

WATCH THE BODY WEIGHT SQUAT MOVEMENT VIDEO FOR TIPS

8
COMPLETE 30 MINUTES OF PHYSICAL ACTIVITY

CAN YOU FIT 30 MINUTES OF PHYSICAL ACTIVITY INTO YOUR SCHOOL DAY?

9
WORKOUT TO 6-8 RPE

TAKE A LOOK AT THE RATE OF PERCEIVED EXERTION CHART

