



**St. Conleths College**  
**PE Challenge #2**

|                             |  |                                    |
|-----------------------------|--|------------------------------------|
| Name: _____<br>Class: _____ |  | How many can you do in 60 seconds? |
| 1. Jumping Jacks            |  |                                    |
| 2. Sit Ups                  |  |                                    |
| 3. Single Leg Hops Left     |  |                                    |
| 4. Single Leg Hops Right    |  |                                    |
| 5. Push Ups                 |  |                                    |
| 6. Burpees                  |  |                                    |