Fitness - PE

In PE we are doing fitness on Friday afternoons. The children were challenged to hold a plank for 30 seconds and then 1 minute, 10 push ups, 30 seconds of sits up, 30 seconds of star jumps followed by 30 seconds of squat jumps and mountain climbers. Some of the children even opted for burpees instead of a plank. They loved the challenge and were all suitably worn out by the end. I'm quite sure they will be telling you about their abs of steels!!!









