



PRE-DofE BLUE AWARD: PHYSICAL SECTION FITNESS CARDS



EXERCISE CARD 1 **SPRINT**

Time yourself sprinting a specified distance

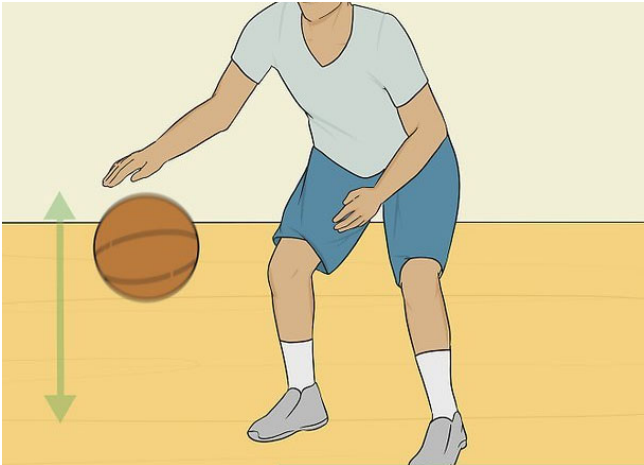
- 1 Mark out an area using string or cones, or use the edge of your garden.
- 2 Remember where you have marked as you will need to sprint the same distance each time.



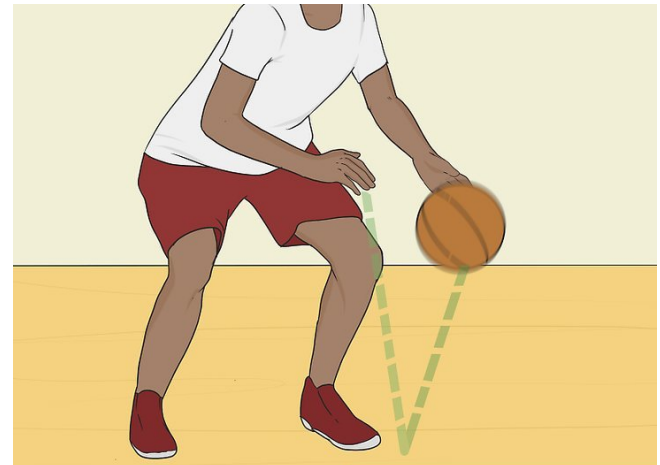
EXERCISE CARD 2

BALL SPEED BOUNCE

Bounce a ball as many times as you can for **30 seconds**



or



EXERCISE CARD 3 SIT UPS

Complete as many as possible in **1 minute**

1

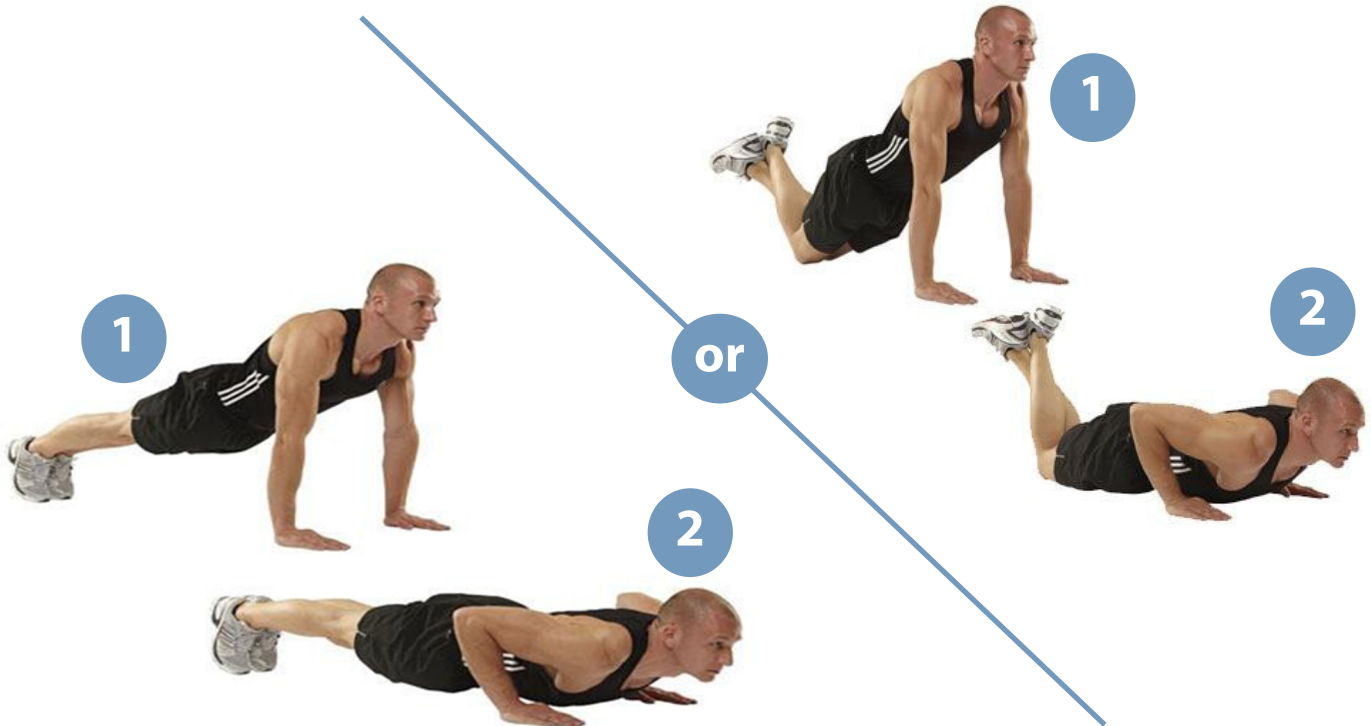


2



EXERCISE CARD 4 **PRESS UPS**

Complete as many as possible in **1 minute**



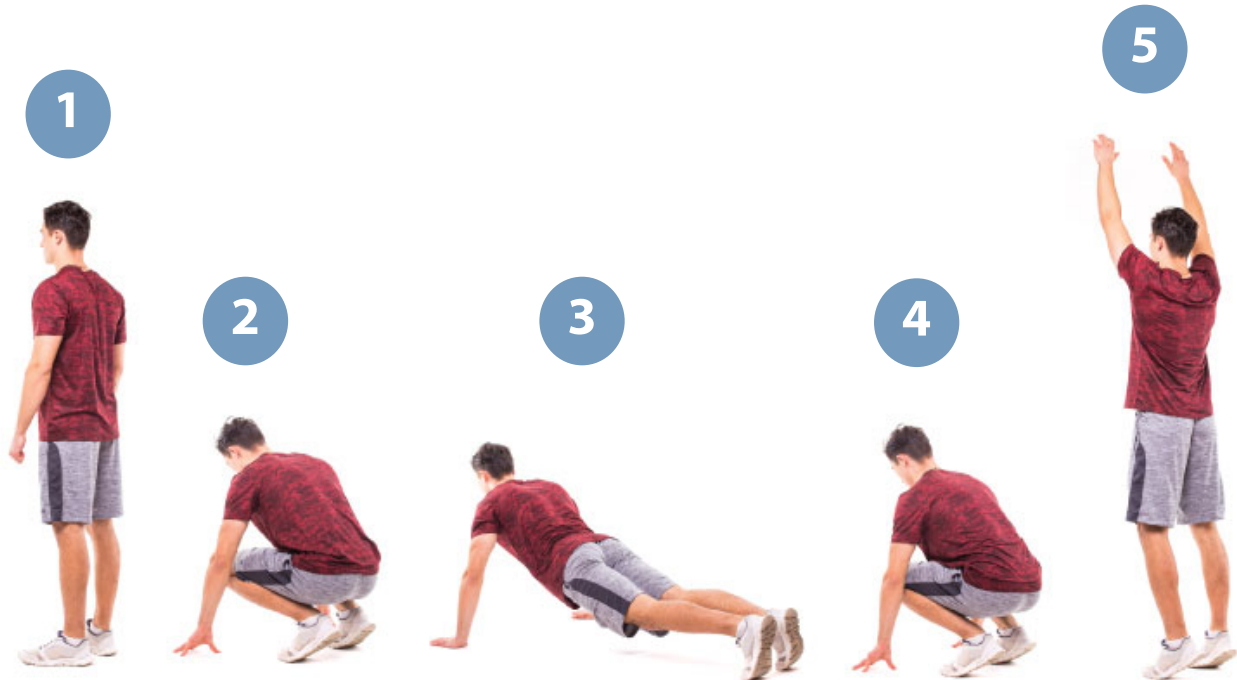
EXERCISE CARD 5 **SKIPPING**

Complete as many jumps as possible in **1 minute**



EXERCISE CARD 6 SQUAT THRUSTS

Complete as many as possible in **1 minute**



EXERCISE CARD 7 **LONGER DISTANCE RUN**

Time yourself running a specified distance

- 1 Choose somewhere to run in your local area and measure the distance using a map, computer or app on your phone.
- 2 Remember the route; you will need to run the same distance each time.

