








NAME: _____		How many can you do in 100 seconds?
Home Room Teacher:		
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

Posted by Gretchen Jessel on:

<http://physicaleducationandmore.blogspot.com/2013/02/100-second-challenge.html>