|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week/Medal  | MondayCore strength  | TuesdayLower Body Strength | WednesdayUpper Body Strength  | ThursdayEndurance  | Friday Challenge |
| Week 1 - Bronze \* | 22.6.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 23.6.20* Time: …………………………
* Sets: …………………………
* Completed?………………
 | 24.6.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 25.6.20* Version: ……………………
* Time: …………………………
* Completed?………………
 | 26.6.20* Version: ……………………
* Time: …………………………
* Completed?………………
 |
| Week 2 - Silver\*\* | 29.6.20* Time: …………………………
* Sets: …………………………
* Completed?………………
 | 30.6.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 1.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 2.7.20* Version: ……………………
* Time: …………………………
* Completed?………………
 | 3.7.20* Version: ……………………
* Time: …………………………
* Completed?………………
 |
| Week 3 – Gold\*\*\* | 6.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 7.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 8.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 9.7.20* Version: ……………………
* Time: …………………………
* Completed?………………
 | 10.7.20* Version: ……………………
* Time: …………………………
* Completed?………………
 |
| Week 4 - Platinum\*\*\*\* | 13.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 14.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 15.7.20* Reps: …………………………
* Sets: …………………………
* Completed?………………
 | 16.7.20* Version: ……………………
* Time: …………………………
* Completed?………………
 | 17.7.20* Version: ……………………
* Time: …………………………
* Completed?………………
 |



For the next four weeks, we will be setting daily fitness challenges for you and your family to complete.

Each day you need to check the school’s Twitter account to see what the daily fitness challenge is.

<https://twitter.com/northcotesch?lang=en>

We want to see as many photos of you and your family competing the challenges.

If you are able to complete all of the week’s challenges you will receive a certificate.

To be able to receive the certificate, you need to email an image of the fitness record card completed weekly to your class teacher.

We will be highlighting children’s efforts throughout the week so keep checking the page.

Good luck and let’s get fit!