

P.E

Nandos Fitness Challenge

What you need to do:



- Aim of the game is to generate as many **Peri Points** as you can in a set time.
Your time is **10 minutes**.
- Remember, if you start an activity you must finish it.
- There are 5 different spice levels — which get harder the hotter the spice is.
- You **cannot** do the same spice level twice in a row however, you can go back once a different level has been done.
- Each time you complete a challenge, **WRITE IT ON YOUR SHEET AND THE POINTS GAINED**
- You must visit each spice level **AT LEAST ONCE** within your time.

GOOD LUCK!

NANDOS FITNESS CHALLENGE How many points can you get?				
EXTRA HOT	10 POINTS 10 burpees	10 POINTS 10 push ups	10 POINTS 1 minute skipping	10 POINTS 30 second wall sit
HOT	5 POINTS 20 second plank	5 POINTS 20 high knees, arms in air	5 POINTS 20 lunges	5 POINTS 2 minute non-stop jog
MEDIUM	3 POINTS 30 second skipping	3 POINTS 20 star jumps	3 POINTS 15 high knees	3 POINTS 20 step ups (Use step)
MILD	2 POINTS 1 minute speed walk 5m circuit	2 POINTS 10 second plank	2 POINTS 15 squats	2 POINTS 60 seconds fast feet
EXTRA MILD	1 POINT 10 arm circles	1 POINT 10 head, shoulders, knees and toes	1 POINT 10 second wall sit	1 POINTS 10 squats