

Name: _____ Date: _____

How good are your skills?

Decide if you can do the activity and whether it is an aerobic, flexibility, strength or stamina exercise. Tick the appropriate boxes (an activity can be more than one type of exercise).

Activity	I can do it!	No way! Too hard!	Aerobic	Flexibility	Strength	Stamina
balance on one leg for a minute						
do a forward roll						
do 10 push-ups						
walk 3 km						
do a cartwheel						
touch your toes						
sprint 200 m						
walk along a balance beam						
hop on one leg for a minute						
broad jump 3 m						
skip with a rope for 3 minutes						
high jump 1 m						
push against a wall						
twist your body to the left						
swing across the monkey bars						