

Name: _____

1. It takes Jennifer 7 minutes and 30 seconds to ride her bike to the store. How many times does Jennifer need to ride to and from the store to get 60 minutes of activity? Write the equation and solve.

Squat like you are sitting but don't touch your chair or table. Hold for 30 seconds.

2. Paul has been working on a new dance routine for the past 23 minutes. Before school, Paul walked the dog for 11 minutes. How much more physical activity does Paul need to do to get at least 60 minutes for the day?

Hold on to the seat of your chair and hold your body 1" above your chair. Hold 10 for seconds.

3. Suzy loves gymnastics and always has fun at the meets. What score does she need on vault to get to a total of 32.00 points and win first place?

Balance beam: 8.50 Bars: 9.25 Floor: 9.05 Vault: _____

Tighten your stomach muscles and hold for 30 seconds.

4. Joey loves to swim. Joey's favorite event is the 50-yard backstroke. He is about to race but since he hasn't been feeling well; he wants to just match his average time. His times from the last three meets were; 33.5, 35.2 and 31.0. What is the average time from Joey's last three meets?

You are done! Stand up and do five exploding jumps: squat down then jump up and try to touch the ceiling.