



# S.A.I.N.T.S. S.P.O.R.T.S.

## *P.E. for Kids*™

### SAINTS-SATIONAL PHYSICAL FITNESS CHALLENGE

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date Started: \_\_\_\_\_ Date Completed: \_\_\_\_\_

EVENT	Day 1	Day 2	Day 3	Day 4
Tennis Ball Throw (distance)				
Standing Broad Jump (distance)				
Vertical Leap (distance)				
Push-ups (number per minute)				
Sit-ups (number per minute)				
Shuttle Run – 30 Feet (times)				
Side to side jump (number per 30 seconds)				
3 Minute Jog				

Student please answer: What was the most important thing you learned while “taking on” the SAINTS-SATIONAL PHYSICAL FITNESS CHALLENGE?

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*“Where Jesus is Lord and Every Child is a Winner!”*

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