

Student Name: _____ Teacher: _____		How many can you do in 60 seconds?				
1		Jumping Jacks	Quarter 1 Date:	Quarter 2 Date:	Quarter 3 Date:	Quarter 4 Date:
2		Sit- Ups				
3		Lateral Lunges	R L	R L	R L	R L
4		Toe touches				
5		Push-Ups				
6		Squats				
7		Jump Rope				

*Clipped from Classroom clipart

Calisthenics Quarterly Report