

Medallion Project

Physical Fitness

- Run a mile in 10 minutes.
- Do 25 pushups in a sitting
- Do 25 sit-ups in a sitting
- Do 25 jumping jacks in a sitting
- Do 5 laps at the swimming pool
- Make and run an obstacle course.
- Do exercises for 15 minutes 5 days in a row
- Earn the Orange Belt in Karate
- Play a game of basketball. Explain the rules.
- Same, football.
- Same, baseball.
- Same, tennis.
- Same, golf or mini-golf.
- Go to a track meet. Tell what you learned.
- Go to a gymnastics meet. Tell what you learned.
- Go to an organized sporting spectator event. Tell what you learned.

Approved: _____