

Task Sheet (photocopy enough for one task per student)

Task Letter	Option 1	Option 2
A	Jog around the parking lot 3X in 5 minutes	Run around the parking lot 5X in 5 minutes

Task Letter	Option 1	Option 2
B	Complete 50 jumping-jacks in 5 minutes	Complete 250 jumping-jacks in 5 minutes

Task Letter	Option 1	Option 2
C	Walk around the parking lot 1X in 5 minutes	Run around the parking lot 5X in 5 minutes

Task Letter	Option 1	Option 2
D	Jump rope without stopping for 3 minutes	Jump rope without stopping for 5 minutes

Task Letter	Option 1	Option 2
E	Complete 15 "real" pushups in 5 minutes	Complete 40 "real" pushups in 5 minutes

Task Letter	Option 1	Option 2
F	Walk in place for 5 minutes	Run in place, with high knees, for 5 minutes