

September's **BACK to SCHOOL** Challenge

Complete **September's Back to School Challenge** throughout the month of September. Using the calendar below, write your initials for each day you complete the **AMRAP**. At the end of the month, add up the total number of days completed, have your parents sign the bottom of the sheet, and return it to your PE coach for an award certificate and toe token.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 No School
2 No School	3 No School	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

13-19 days = Bronze Certificate

20-24 days = Silver Certificate

25-30 days = Gold Certificate

Student: _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____

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As Many Repetitions As Possible (AMRAP)

AMRAP is defined as an abbreviation that means "as many repetitions as possible," meaning you do a circuit of exercises as many times as possible within a specific period of time.

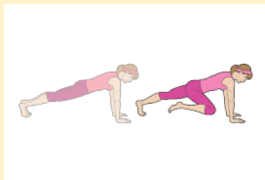
10

Jumping Jacks



20

Mountain Climbers



Choose the level that challenges you!

Level 1

How many times can you complete all four exercises in 4 minutes?

Set your timer and GO!

Level 2

How many times can you complete all four exercises in 6 minutes?

Set your timer and GO!

10

Squats



5

Burpees

