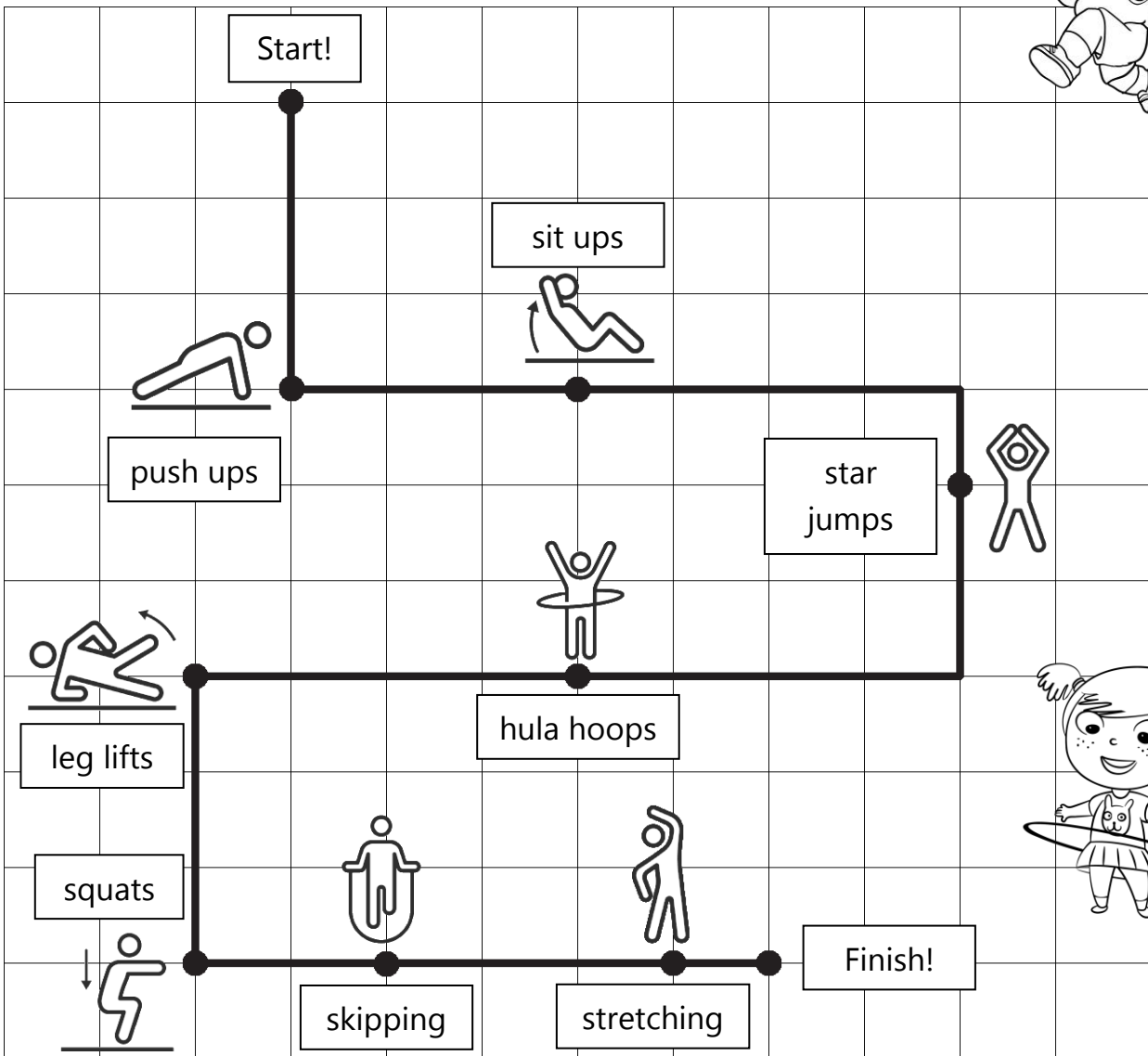
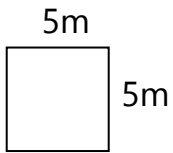


Fitness Course

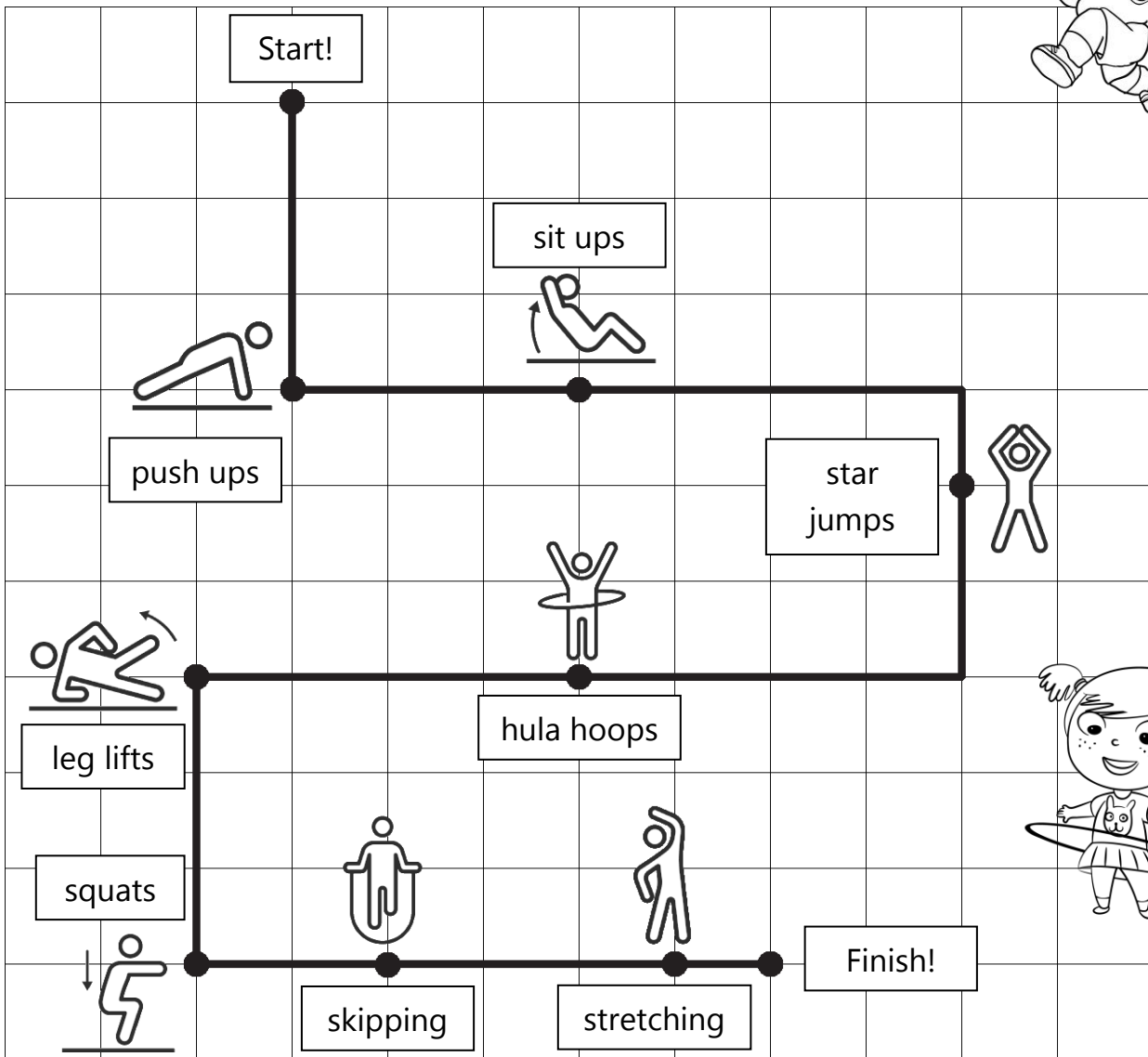
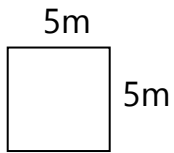


Use the scale to answer the questions about the fitness course.

- How far is it from the **push ups** station to the **sit ups** station? _____
- Kate is 65m around the course. What is activity is next? _____
- After **leg lifts**, how far is it to the finish? _____
- What is the distance between **hula hoops** and **stretching**? _____
- Between which two stations is the distance the longest? _____
- How much further is it from **sit ups** to **star jumps** than it is from **leg lifts** to **squats**? _____
- What is the total length of the fitness course? _____



Fitness Course Answers



Use the scale to answer the questions about the fitness course.

1. How far is it from the **push ups** station to the **sit ups** station? **15 metres**
2. Kate is 65m around the course. What activity is next? **Hula hoops**
3. After **leg lifts**, how far is it to the finish? **45 metres**
4. What is the distance between **hula hoops** and **stretching**? **60 metres**
5. Between which two stations is the distance the longest? **Star jumps and hula Hoops (30m)**
6. How much further is it from **sit ups** to **star jumps** than it is from **leg lifts** to **squats**? **10m further from sit ups to star jumps**
7. What is the total length of the fitness course? **150 metres**

