

Year 5 & 6 Home Fitness Challenge

Edstart's Pizza Place



1. You must pick one size of pizza, one pizza type, one side, one drink and one dessert.
2. Once you have chosen you must add the numbers up in the brackets of your chosen items.

Example – 9” Pizza (100), Margherita (60), Garlic Dough Balls (60), Fanta (50), Cookie (50)

= 320 Calories

Size	Pizza Type	Side	Drink	Dessert
6” Small (80)	Margherita (60)	Garlic Bread (50)	Coca Cola (60)	Cookie (50)
9” Medium (100)	Meat Feast (80)	Cheesy Garlic Bread (60)	Coke Zero (40)	Ice Cream (60)
12” Large (120)	Vegetarian (70)	Chicken Wings (60)	Fanta (50)	Waffles (70)
	Ham and Pineapple (80)	Chips (50)	Fruit Drink (30)	Pancakes (70)
	Pepperoni (80)	Garlic Dough Balls (60)	Water (10)	Fruit (20)

Get your whole family involved!!

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- Using the Worksheet create your own takeaway order.
- Each section is worth different amounts based on what you have picked.
- Add all the sections together and use the table opposite to complete exercises that add up to the correct number of calories (or more) for your order.
- **You might want to write down the exercises you need to do before you begin them.**

You can pick the same exercise more than once.

Exercise	Calories Burnt Off
Sit Ups X 10	30
Press Ups X 10	30
Lunges X 10 (each leg)	20
Squats X 15	25
Burpees X 5	50
Tricep Dips X 10	40
Jumping Jacks X 20	50
1 Minute Jogging on the spot	30
Jumping Squats X 6	30
Crunches X 10	50
1 Minute Boxing Punches	40