

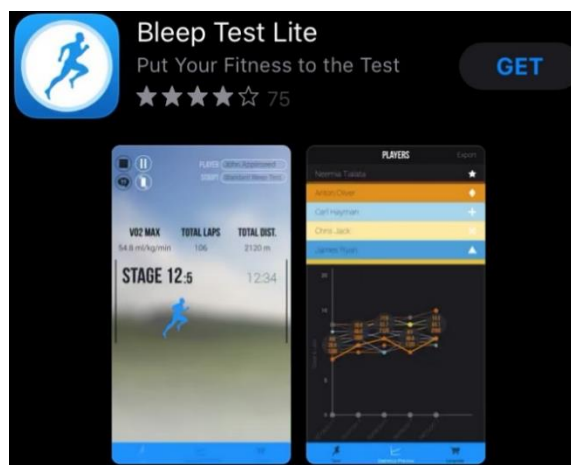
## PE Challenge 1 Week 5

### Bleep Test

I know this isn't everyone's 'cup of tea', but it is a really good way to measure your own fitness and you can keep your score to retest every so often.

- Measure 20 metres out.
- Begin on the first bleep.
- Once you have reached the other side, **wait** for the next bleep before running back.
- Repeat this until you are unable to continue. Once you have missed 2 bleeps in a row, you should stop.

Below is a photo of a bleep test app that you can get free on android or IOS. It is a different app than the one we use in school, therefore your score may differ.



If you have any queries about your PE, please email Mr McCalister:

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