



PRE-DofE BLUE AWARD:  
**PHYSICAL SECTION**  
**FITNESS CARDS**



 **ROYAL  
AIR FORCE  
AIR CADETS**  
the next generation

# EXERCISE CARD 1    **SPRINT**

Time yourself sprinting a specified distance

- 1 Mark out an area using string or cones, or use the edge of your garden.
- 2 Remember where you have marked as you will need to sprint the same distance each time.



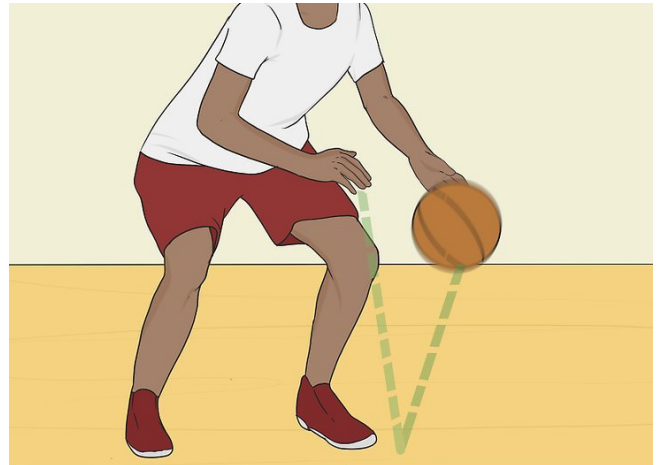
# EXERCISE CARD 2

# BALL SPEED BOUNCE

Bounce a ball as many times as you can for **30 seconds**



or



# EXERCISE CARD 3 SIT UPS

Complete as many as possible in **1 minute**

1

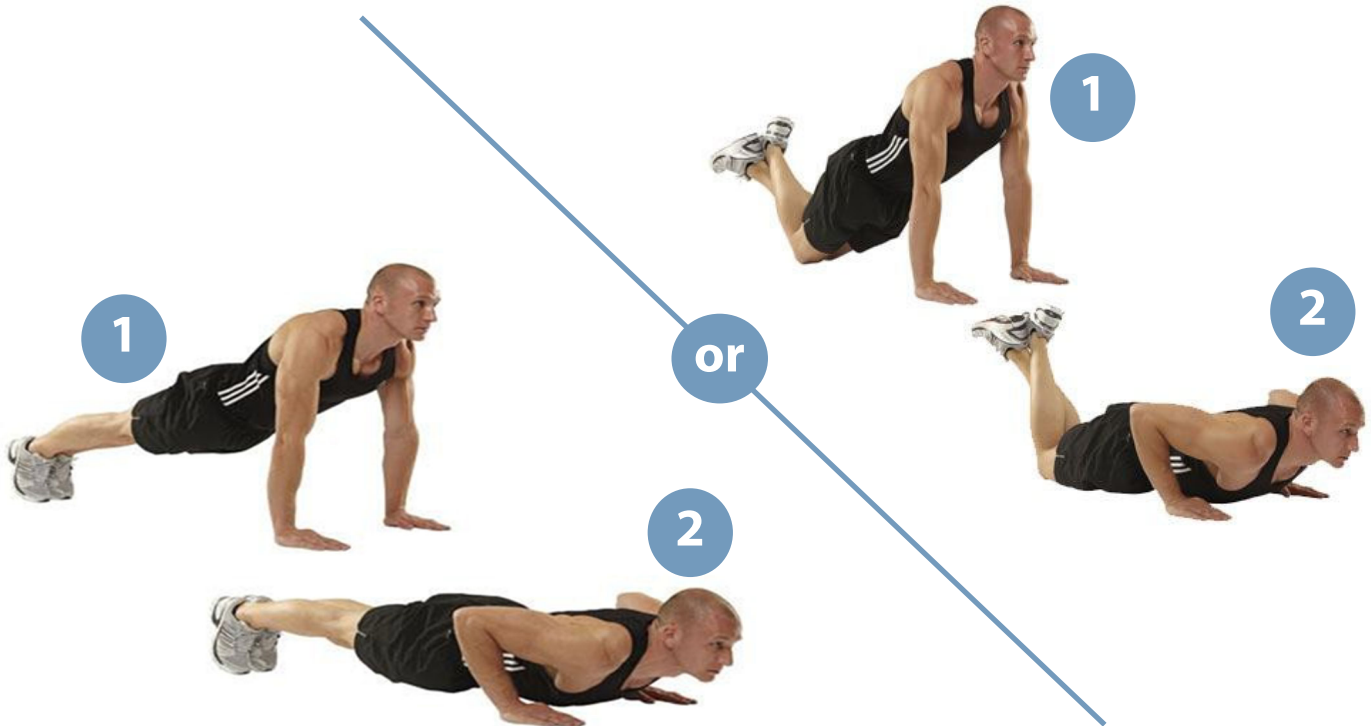


2



# EXERCISE CARD 4    **PRESS UPS**

Complete as many as possible in **1 minute**



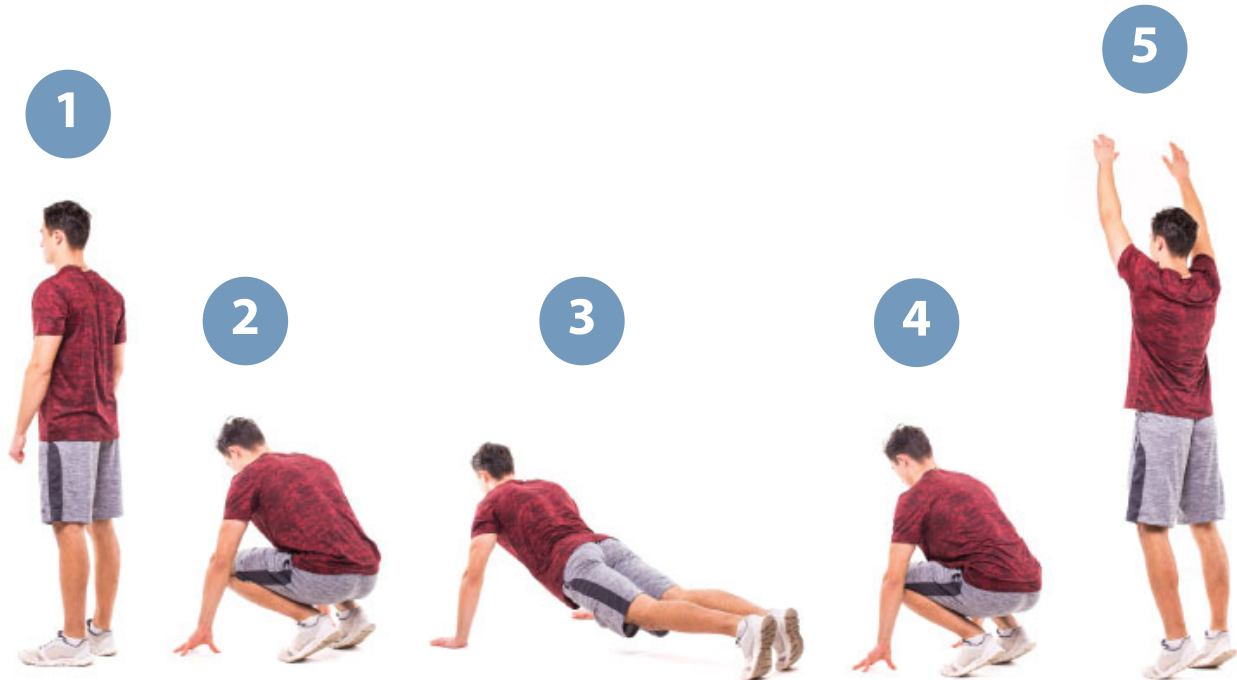
# EXERCISE CARD 5    **SKIPPING**

Complete as many jumps as possible in **1 minute**



# EXERCISE CARD 6    SQUAT THRUSTS

Complete as many as possible in **1 minute**



# EXERCISE CARD 7 **LONGER DISTANCE RUN**

Time yourself running a specified distance

- 1 Choose somewhere to run in your local area and measure the distance using a map, computer or app on your phone.
- 2 Remember the route; you will need to run the same distance each time.

