



From strength to strength

How do you compare to GB gymnast Charlotte Bennett?

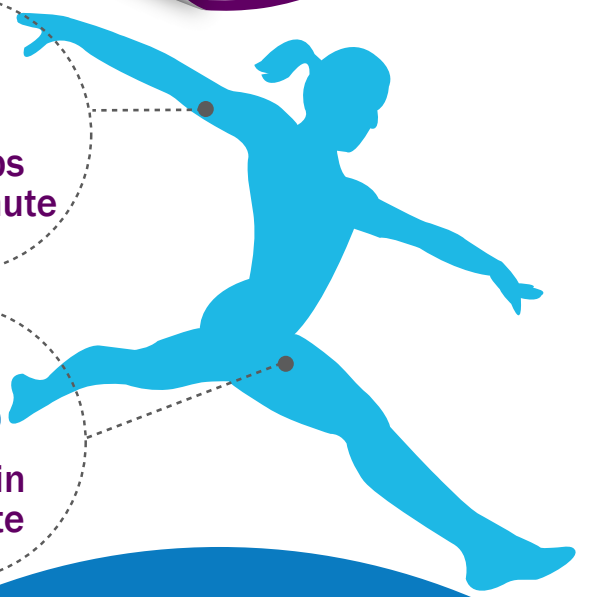
Name: Charlotte Bennett
Sport: Gymnastics
Age: 15
Gender: Female
Height: 162
Sitting height: 126
Asthmatic: Yes
Squats in 1 minute: 73
Press ups in 1 minute: 65

Your Data

Name: _____
 Favourite activity: _____
 Gender: _____
 Age: _____
 Height: _____ cm
 Sitting height: _____ cm
 Asthmatic: _____

65
press-ups
in 1 minute

73
squats in
1 minute



press-ups
in 1 minute

squats in
1 minute

Live Data Zone

Enabling you to work like a real scientist

Check out...

www.getinthezone.org.uk/livedatazone to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data.



Visit the Live Data Zone to find out the following information:

The national average squats in a minute for people of your height



squats

The national average press-ups in a minute for people your age



press-ups

Are more active people stronger?

www.getinthezone.org.uk

Practical science exploring the mind and body in motion