



From strength to strength

How do you compare to Welsh Under 21s hockey player Jack Carr?

Name: Jack Carr
Sport: Hockey
Age: 18
Gender: Male
Height: 179
Sitting height: 87
Asthmatic: No
Squats in 1 minute: 63
Press ups in 1 minute: 53

Your Data

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

53

press-ups
in 1 minute



63

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