

TIME: 15 minutes

Class: _____

6 marks ()

	True	False
a. James Harvey did 402 cat twists in 15 minutes.		
b. To do a cat twist, you must land on your back.		
c. The world's longest plank is over 8 hours.		
d. Daniel Scali watches TV after his training.		
e. Scali wears a band on his arm for pain relief.		
f. Besides planking, Scali does other physical exercise as part of his training.		

3 marks ()

A		B
a. 15		Scali's age at the moment
b. 200		George Hood's age when he broke the world record
c. 360		the number of hours Scali can plank
d. 62	a	James Harvey's age
e. 12		the number of degree rotation needed to complete a cat twist
f. 27		the previous number of cat twists on a trampoline
g. 5		Daniel Scali's age when he broke his arm

1 mark ()

- a. _____'s family helped him to find experts to judge his record.
- b. _____ has raised money for Pain Australia.