





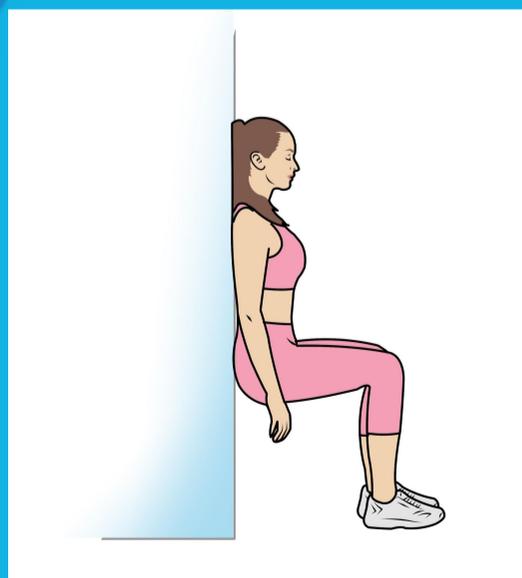
# Personal Challenge 15

## Wall Sit

How long  
can you do a  
wall sit for?

Remember - back flat  
against the wall, 90°  
angle at hips &  
knees, heels on floor

Equipment  
- Wall  
- Timer



Record your score and try to beat it another time.  
Can you beat it by more than 5?

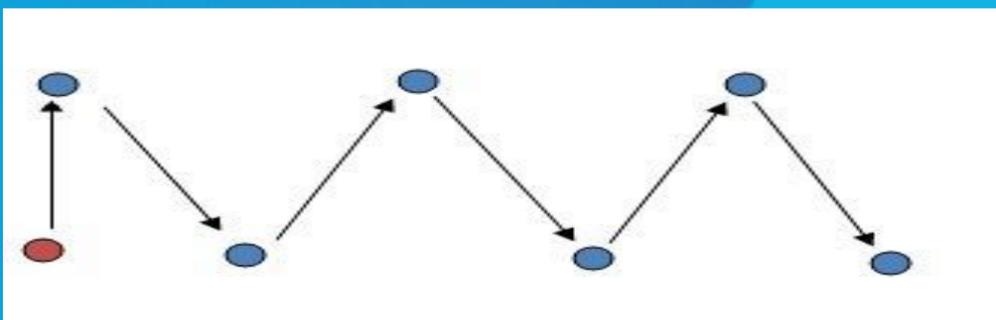
# Personal Challenge 16

## Zig Zag Run

How fast can you complete 10 zig zag runs?

Equipment

- Objects as markers
- Timer



Set your markers with at least 3 big steps between each

Record your score and try to beat it another time.  
Can you beat it by more than 5?

# Personal Challenge 17

## Kick Bounce

How many  
alternate foot  
kick bounces  
can you do?

Bounce the ball, kick  
with left foot,  
bounce, kick with  
right foot, repeat

Equipment  
- Ball

Make it easier - try  
with a balloon  
Make it harder - no  
bounce

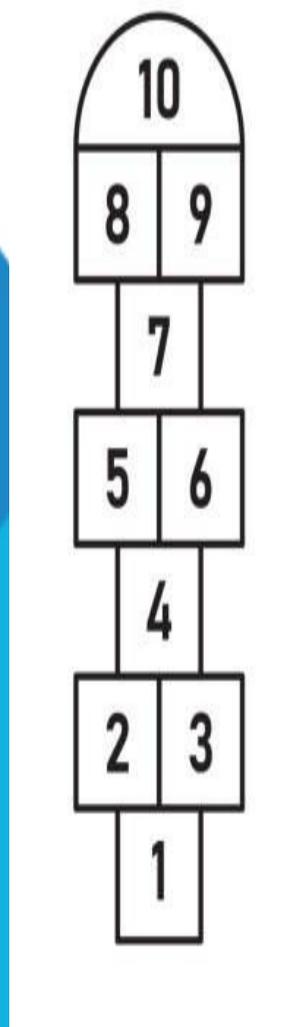
Record your score and try to beat it another time.  
Can you beat it by more than 5?

# Personal Challenge 18

## Hop Scotch

Play a game  
of hop  
scotch

Remember the  
footwork pattern - 1  
foot (L) - 2 feet - 1  
foot (R) - 2 feet...



Equipment

- Chalk if you can draw a hopscotch outside
- Something to throw e.g. beanbag, stone, socks

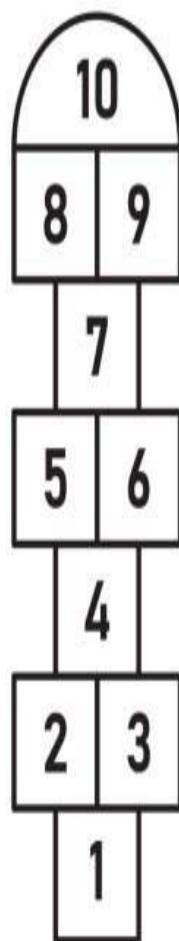
Record your score and try to beat it another time.  
Can you beat it by more than 5?

# Personal Challenge 18

## Hop Scotch

Play a game  
of hop  
scotch

Remember the  
footwork pattern - 1  
foot (L) - 2 feet - 1  
foot (R) - 2 feet...



Equipment

- Chalk
- Throwing object

Record your score and try to beat it another time.  
Can you beat it by more than 5?