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Personal Challenge Record

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Personal Challenge Record

Personal Challenge	Shuttle Runs	Tap Ups	Target Throw	Star Jumps
Miss Alderslade	23	121	24	67
Mrs Lee-Turner	23	114	24	75
Mr Brown	30			
Mrs Robson		120	17	73
Mr Dowson		147		
Mrs Clark			11	

Personal Challenge 1

Step Ups

How many
step ups can
you do in 1
minute?

Equipment
- Stairs or a
chair or a
box
- Timer

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

Personal Challenge 2

Clap Catch

How many times can you clap before you catch?

Equipment
- A ball or pair of socks rolled up or a toilet roll

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

Personal Challenge 3

Round The Body

How many times can you pass something around your tummy in 30 seconds?

Equipment

- A ball or pair of socks or toilet roll.
- Timer

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

Personal Challenge 4

Kick Ups

How many
times can
you kick the
ball up?

Easier - add a
bounce

Harder - arms behind
your back

Equipment
- A ball or
toilet roll or
socks

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

Personal Challenge 5

Speed Bounce

How many times can you jump two footed side to side in 1 minute?

Equipment

- A line or any object you can jump over
- Timer

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

Personal Challenge 6

Seated Tummy Crunch

How many times
can you move the
object with your
feet from one
side to another
whilst sitting
down?

30 seconds to do
it!

Equipment
- Ball or Toilet
Roll or Tin
- Timer

Record your score and try to beat it another time.
Can you beat it by more than 3?

Personal Challenge 7

Get Ups

How many times can you lie down flat and then stand up straight in 1 minute?

Equipment
- Timer

Try it lying on your front and then on your back ...

Which one is easier?

Record your score and try to beat it another time.
Can you beat it by more than 3?

Personal Challenge 8

1 Handed Catch

How many times can you catch with 1 hand in a minute?

Try with both left and right hand

Equipment

- A ball or pair of socks rolled up or a toilet roll
- Timer

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

Personal Challenge 9

1 Foot Balance

How long
can you
balance on 1
leg?

Rest your foot on
your knee
Try on both left and
right leg

Equipment
- Timer

Make it harder -
stand on a pillow

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

Personal Challenge 10

Hula Hoop

How long can you hula hoop for without it dropping?
What other tricks can you do with a hula hoop?

Equipment
-Hula Hoop
- Timer

Don't have a hula hoop? Can you find an alternative or
Try spelling your name with hip circles

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

Personal Challenge 11

Shuttle Runs

How many times can you run between 2 objects in 1 minute?

Equipment

- Any 2 objects as markers

- Timer

Set out your markers at least 5 big steps apart

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

Personal Challenge 12

Tap Ups

How many times can you tap a ball up using a racket without it dropping?

Equipment
- Racket
- Ball

Don't have a racket or ball? Can you use your hand and socks?

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

Personal Challenge 13

Target Throw

How many times can you throw an object to hit a target in 1 minute?

- Equipment
- Throwing object e.g. ball, socks
 - Target e.g. hoop, box, basket
 - Timer

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

Personal Challenge 14

Juggle

How long can
you juggle
for?

Start with 2
then try 3

Equipment
- Throwing
objects e.g.
balls, beanbags,
teabags, scarfs
- Timer

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

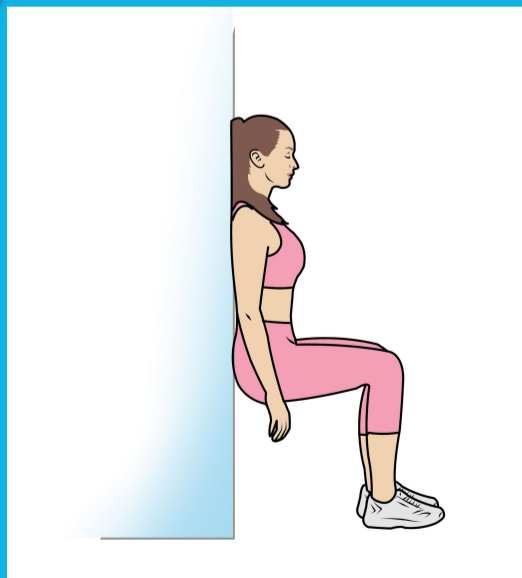
Personal Challenge 15

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?

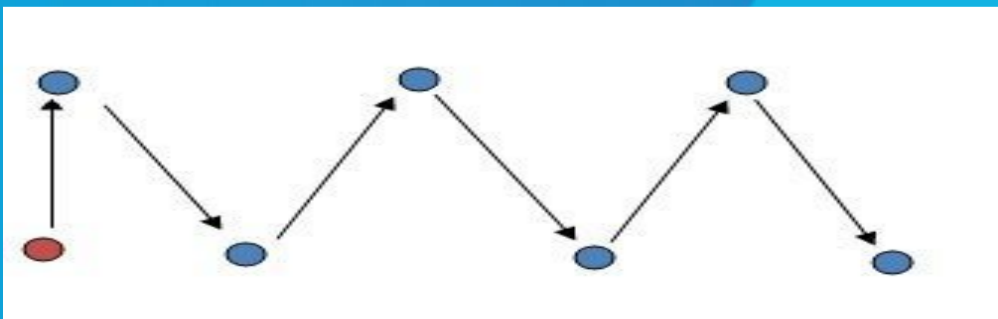
Personal Challenge 16

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

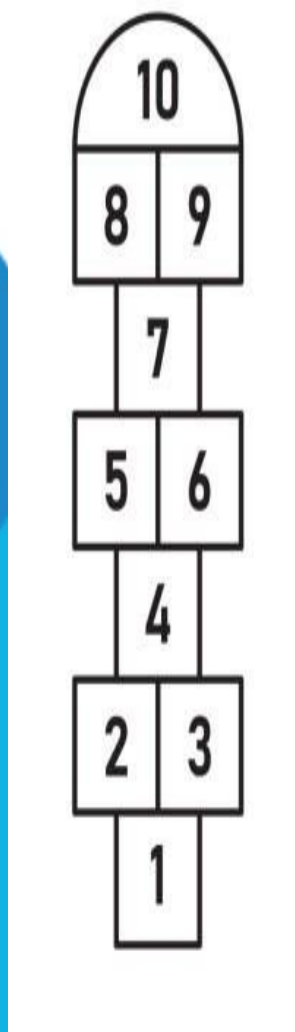
Record your score and try to beat it another time.
Can you beat it by more than 5?

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

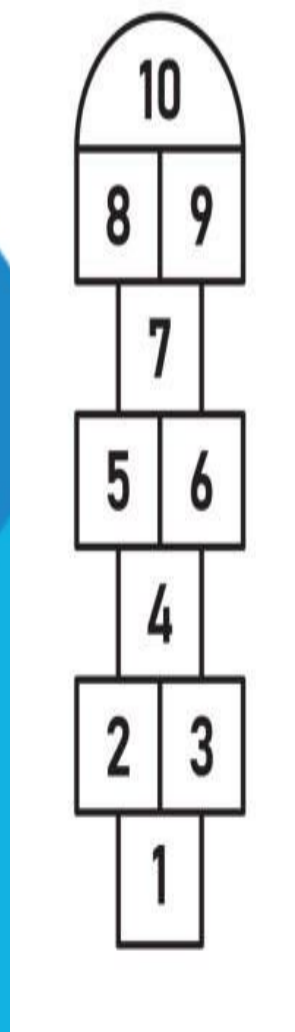
Record your score and try to beat it another time.
Can you beat it by more than 5?

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?

Personal Challenge 19

Star Jumps

How many
star jumps
can you do in
1 minute?

Equipment
- Timer

Remember your arms
and legs need to go in
and out together to
make a big star shape

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

Personal Challenge 20

Standing Broad Jump

Can you
jump your
height?
How many of
your
footsteps can
you jump?

Equipment

- Markers e.g.
cones, chalk, socks

Lie on the ground and
mark out your height
Remember feet apart,
knees bent, swing
arms, head up

Record your score and try to beat it another time.

Personal Challenge 21

Shoulder Press

How many times can you shoulder press in 1 minute? Start with the weight at your chest, slight knee bend and push weight above your head

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

Equipment
- Weights e.g.
melon, tin cans,
shoes

Make it easier - use a lighter weight
Make it harder - add a squat

Personal Challenge 22

Throw, Turn, Catch

How many times can you throw, turn, catch in 1 minute?

Throw the ball up, half turn and catch without dropping the ball.

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

Equipment
- Throwing
object e.g. ball,
socks, toilet roll

Make it easier - add a bounce
Make it harder - full turn

Personal Challenge 23

In Out Jumps

How many in
out jumps
can you do in
1 minute?

Equipment
- Timer

Remember bend your knees and
jump your feet in together then out.
As you jump out touch one hand to
the ground. Alternate which hand
touches

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

Personal Challenge 24

Figure of 8

How times
can you
make a
figure of 8
around your
legs in 1
minute?

Equipment
- Ball or any
object e.g.
socks, toilet roll
- Timer

Remember keep your feet on the
ground. If you drop the ball
continue counting. Try in both
directions

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

Personal Challenge 25

Star Balance

How many different balances can you perform in a star shape?

Equipment

- Timer - choose your favourite balance and see how long you can hold it for

Remember how to get in and out of a balance safely

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

Personal Challenge 26

Wall Throw

How many times can you throw a ball against a wall and catch it in 1 minute?

Equipment

- Ball
- Timer

Make it easier - let it bounce
Make it harder - use one hand or alternate hands

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

Personal Challenge 27

Finders Keepers

- Set out random objects at varying distances
- Choose a place to roll/throw/kick/strike your ball from
- If you hit an object you keep it
- Play until all the objects are hit

Equipment

- Objects to hit
- Ball to roll/throw

Playing on your own -
time how quickly you
can hit all the objects

Playing with someone -
who can hit the most
objects

Personal Challenge 28

Frog Jumps

How many
frog jumps
can you do
in 1 minute?

Equipment
- Timer

Squat down to touch
the floor, jump up nice
and tall

Remember to keep
your back straight

Personal Challenge 29

Plank Tower

Holding a plank, how many times can you make a toilet roll tower in 1 minute?

Equipment
- Toilet Rolls
(3 or 4)
- Timer

Remember to keep your body straight

Personal Challenge 30

Rock Backs

How many objects can you transport over your head without using your hands into a target in 1 minute?

Equipment

- Socks/soft toys
- Target
- Timer

Sit in tuck position, use your feet to hold the object, rock back

Personal Challenge 31

Donkey Kicks

How far can you kick an object over your head with your hands on the floor?

Equipment
- Soft Object
e.g. socks,
soft teddy

Hands on ground in front of you, place object between feet, flick legs upward, send object over your head

Personal Challenge 32

Obstacle Course

Create your own obstacle course in your garden /house to test your Agility, Balance & Coordination.
Time how long it takes you to complete

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

Equipment
- Objects for obstacles
- Timer

Remember to make sure it is safe

Personal Challenge

Tuck Jumps

How many
tuck jumps
can you do in
1 minute?

Equipment
- Timer

Remember to bring
your knees up to your
chest and keep your
back straight
Land with soft knees

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