

Personal Challenge Record

Personal Challenge	Shuttle Runs	Tap Ups	Target Throw	
Miss Alderslade	23	121	24	
Mrs Lee-Turner	23	114	24	
Mr Brown	30			
Mrs Robson		120	17	
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?

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

Equipment
- Timer

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

Which one is easier?

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?

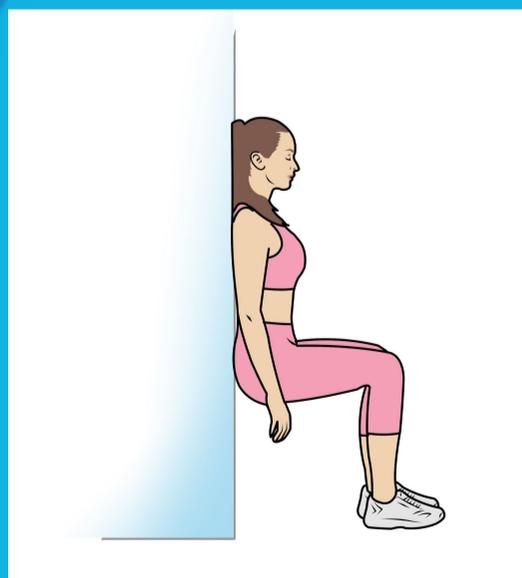
Personal Challenge 15

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?

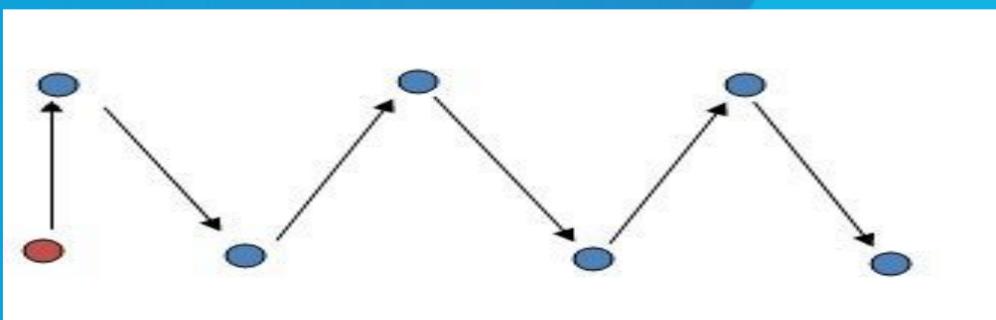
Personal Challenge 16

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

Throw, Turn, Catch

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

Throw the ball up, full 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

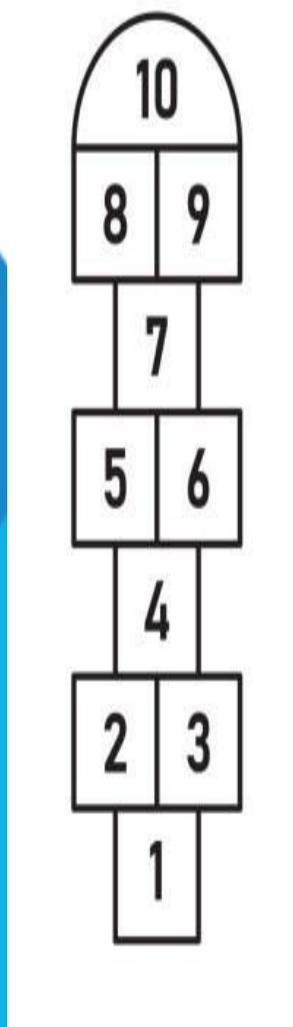
Make it easier - half turn and catch

Personal Challenge 19

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

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

Personal Challenge

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 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?

Personal Challenge 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 then repeat

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