

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 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?