

[illegible]

# Personal Challenge Record

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# 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