

A large red square with a white border, centered on a white background. Inside the square, the text "Personal Best Challenges" is written in white, bold, sans-serif font.

Personal Best Challenges

Date										
Ball to Wall										
Agility Run										
Stork Stand										
Standing LJ										
Ski Jumps										
Clap-Catch										
Target Throw										
Shuttle Runs										
Endurance Run										

Personal Best Challenges

Name:

Class:

Make your own copy of this table.

Write down your score for each activity.

Ball to Wall

How many catches can you do in 30 seconds?

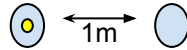
Stand 1m from the wall. Starting with the ball in your right hand, throw it against the wall and catch it in your left hand. Pass the ball back in to your right hand and repeat as many times as possible in 30 seconds.



Agility Run

How long does it take you to complete it?

Move each ball in turn from the cone on the left to the cone on the right, then run back to the start.



Stork Stand

How long can you hold the balance for?

Stand on your right foot, placing your left foot next your right knee. Rise up onto your toes, and keep the balance still.



Standing Long Jump

How far can you jump?

Standing in a ski position behind the line, jump forward as far as you can, landing on both feet (and back into the ski position again). Measure from the start line up to where your heels are.



Ski Jump

How many jumps can you do
in 30 seconds?

Stand in a ski position to the
right side of the line. Jump
over the line, so that it is now
on your left side. How many
times can you jump from right
to left and back to right again?



Clap-Catch

How many times can you clap before catching the ball again?

Throw a tennis ball straight up above you into the air. How many times can you clap before catching the ball again?

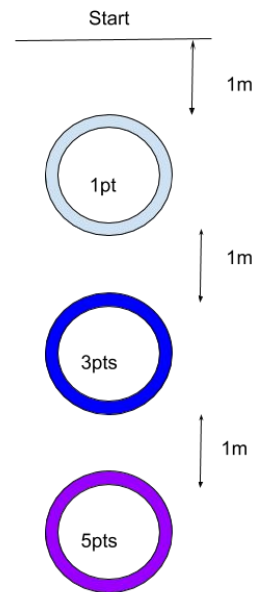


Target Aim

How many points can you score?

Standing behind the line, throw each of your 3 beanbags in turn into the hoops.

The nearest hoop to you will score you 1 point, the middle hoop scores 3 points and the furthest hoop will score you 5 points. Count up your score.



Shuttle Runs

How many can you complete
in 30 seconds?

Place 2 cones 10m apart.

How many times can you run
between them in the 30
seconds?



Endurance Run

How quickly can you complete the distance?

Time yourself completing your schools 'walking mile' course.