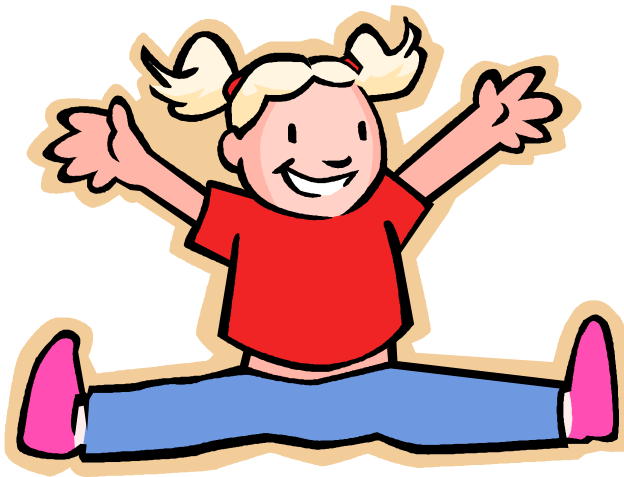


Personal Best Challenge 1

Jumping Jacks



How many Jumping Jacks can you
perform in 30 seconds?

Write down your score here: ____

Practice every day to see if you can improve your score.

Every time you get a higher score write it down below:

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

Personal Best Challenge 2

Through the Hula Hoop



How many times can you pass the
Hula Hoop over your whole body in
30 seconds?

Write down your score here: ____

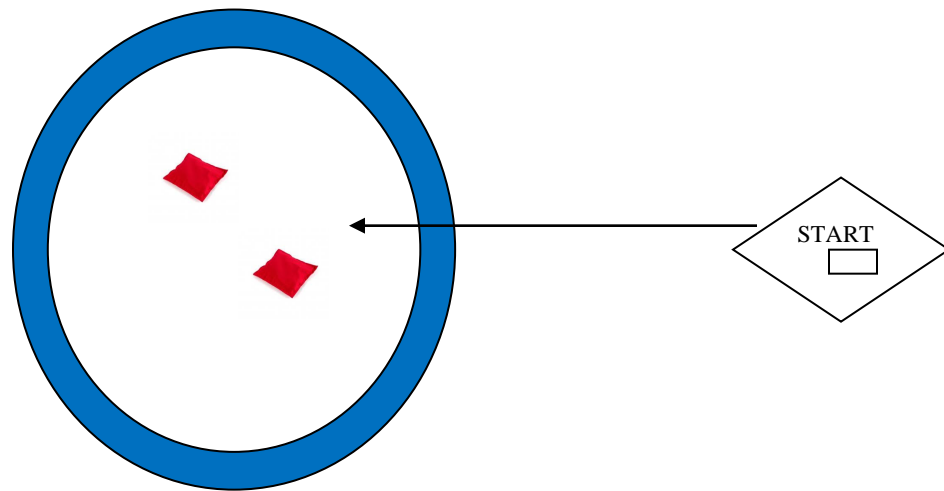
Practice every day to see if you can improve your score.

Every time you get a higher score write it down below:

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

Personal Best Challenge 3

Bean Bag Target



How many bean bags (or soft toys)
can you throw into a hula hoop (or
bucket or bowl) from a distance of 3
metres in 30 seconds?

Write down your score here: _____

Practice every day to see if you can improve your score.

Every time you get a higher score write it down below:

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

Personal Best Challenge 4

Skipping



How many times can you make the
rope go round in a full circle in 30
seconds?

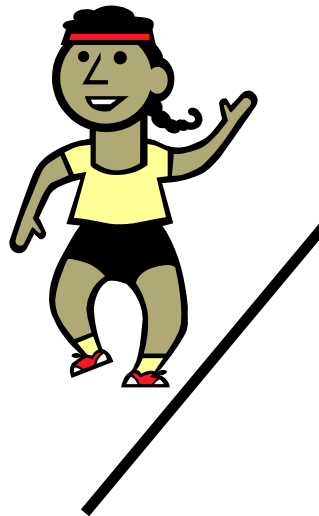
Write down your score here: _____

Practice every day to see if you can improve your score.

Every time you get a higher score write it down below:

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

Personal Best Challenge 5 Bounce Overs



How many times can you jump two footed side to side over a line in 30 seconds?

Write down your score here: _____

Practice every day to see if you can improve your score.
Every time you get a higher score write it down below:

Challenge 6

Two Hand Catch



How many times can you throw a bean bag (or soft toy) above your head and catch it in 30 seconds?

Write down your score here: _____

Practice every day to see if you can improve your score.

Every time you get a higher score write it down below:

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

Challenge	Score	Score	Score	Score	Score	Score
1						
2						
3						
4						
5						
6						

You may want to challenge other members of your family to find their Personal Best

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

Can you think of some Challenges of your own?

If so, please share them on Twitter using **@southseftonssp** so we can all try them!

Other activities you can be doing:

- Go for a walk
- You Tube –
The Body Coach kids workouts
(Active 8)
Supermovers
- Practice a skill e.g. keepy ups
- Learn a new skill e.g. juggling
- Put some music on and dance

Stay Active!

Tweet your efforts @southseftonssp
Remember this is about achieving your own Personal Best

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Remember this is about achieving your own Personal Best