

# 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.

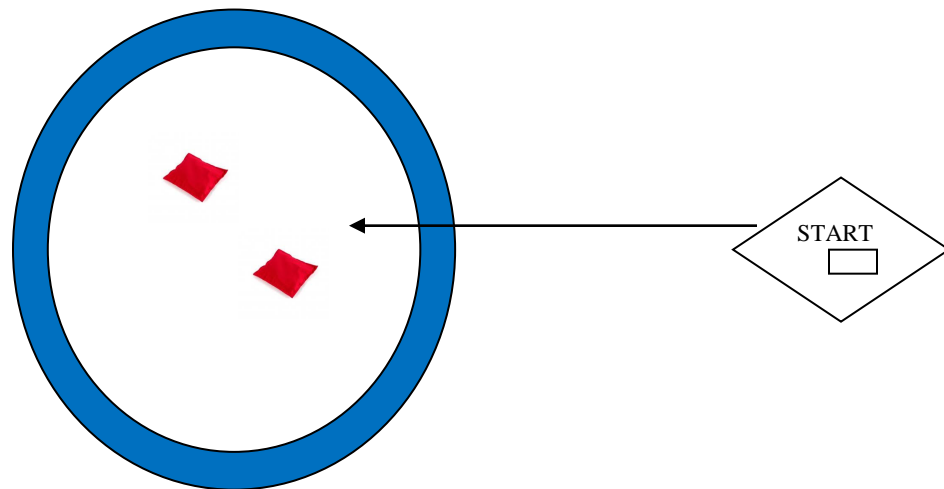
Every time you get a higher score write it down below:

\_\_\_\_\_

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:

\_\_\_\_\_

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# 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: \_\_\_\_\_

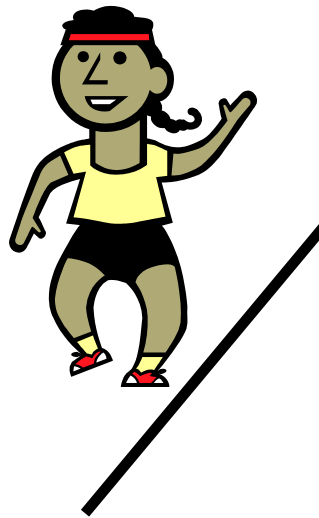
Practice every day to see if you can improve your score.

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

\_\_\_\_\_

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# 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:

\_\_\_\_\_

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# Personal Best 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  
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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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