



Personal Best Challenge 1

Bouncing Ball



How many ball bounces 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 @knowsleyssp

Remember this is about achieving your own Personal Best



Personal Best Challenge 2



Sit-ups



How many sit ups can you perform in
30 seconds?

Tips: Try to just bring your shoulders and upper back off the floor and keep your lower back stuck to the floor, this will make sure that you're using your stomach muscles and not your lower back and hips!

Write down your score here: _____

Practice every day to see if you can improve your score.
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Personal Best Challenge 3



Press Ups



How many press up can you perform
in 30 seconds?

Tips: Keep your shoulder blades locked down and back and
don't let your elbows flare out to the sides, try to keep a
straight line from your feet to your head!

Write down your score here: _____

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

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Personal Best Challenge 4



Squats



How many squats can you perform in
30 seconds?

Tips: Keep your stomach tense and think of sitting back into a chair, keep your chest high, push your knees out as you go down and don't let your lower back round!

Write down your score here: _____

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

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Personal Best Challenge 5 Jumping Lunges



How many jumping lunges can you
perform in 30 seconds?

Tips: Switch legs each time you jump, try to keep your
weight centred and land softly each time, keep your
stomach tensed throughout!

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:

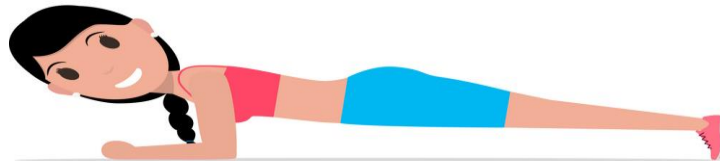
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Personal Best Challenge 6



The Plank



How many seconds can you hold the
plank for ?

Tips: Try to keep a straight line from your feet to your head, squeeze every muscle and hold for as long as you can!

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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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 @knowsleyssp
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Can you think of some challenges of
your own?

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

Stay Safe, Stay Active!

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