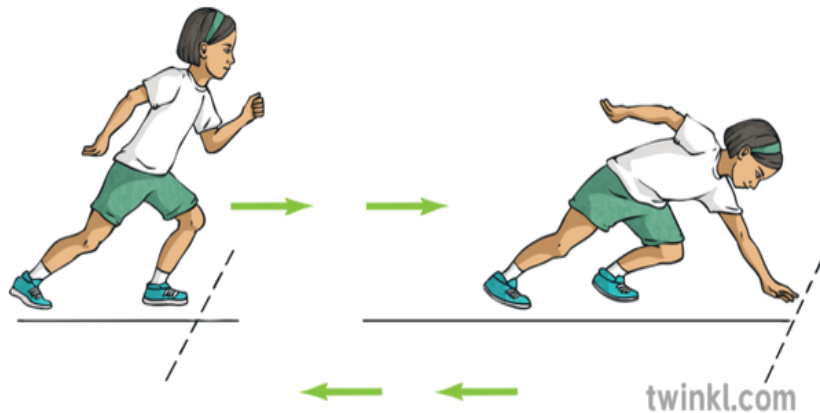


Personal Best Challenge 1

Shuttle Runs



How many shuttle runs can you perform in 30 seconds?

If you can set up a distance of 5m, but don't worry if you don't have much space, just try and beat your own score each time!

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

Standing Long Jump



How far can you jump?

Start with two feet together and jump as far as you can, try to land with your feet level. Mark your distance with a tape measure if you can, or just put something in line with where you land and try to beat it each time!

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:

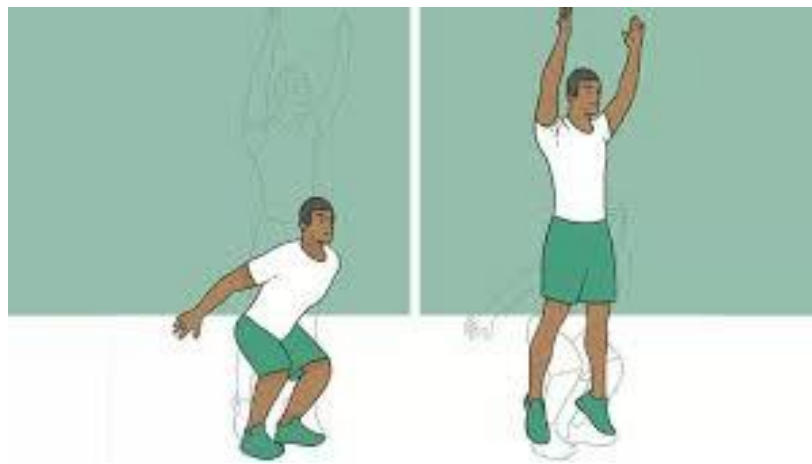
Tweet your efforts @knowsleyssp
Remember this is about achieving your own Personal Best



Personal Best Challenge 3



Vertical Jump



How high can you jump each time?

Jump from two feet and touch as high as you can on a wall. Measure your jump with a tape measure or just make a mark and try to beat it each time!

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 4



Speed Bounce



How many bounces can you perform in 20 seconds?

Jump with two feet together, use a rolled up towel, a cone or just a line and see how many bounces you can get in 20 seconds! Try to beat your score each time!

Write down your score here: _____

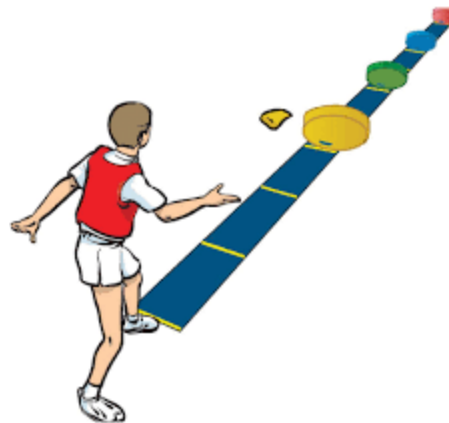
Practice every day to see if you can improve your score.

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 5 Target Throw



How many can you get in the target?

Use three items and try to throw them into the target, then move further away and try again! You can use balls, rolled up socks, soft toys or anything else, use a washing basket or empty box for the target!

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



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

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

Tweet your efforts @knowsleyssp
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 **@KnowsleySSP** so we can all
try them!

#StayHomeStayActive

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