

Personal Challenge Passport

Every challenge will last for **30 seconds**. You have **5 attempts** to improve your score. Use the spare boxes at the bottom to create your own challenges. Some of the challenges might have to be adapted for different age groups and for children with disabilities.

<u>Challenge Name</u>	<u>Explanation</u>	<u>Attempt 1 Score</u>	<u>Attempt 2 Score</u>	<u>Attempt 3 Score</u>	<u>Attempt 4 Score</u>	<u>Attempt 5 Score</u>	<u>My Best Score</u>
Example Sit Ups Challenge	How many sit ups can you complete in 30 seconds. Make sure your hands are across your chest. You can tuck your feet under an object to help.	10	13	14	12	17	17
Sit-Down Stand-Up Challenge	Use a chair to sit down and stand up as many times as you can in 30 seconds. Sitting down and standing up counts as one point. This is a squat technique.						
Star Jumps Challenge	Complete a full star jump to achieve 1 point.						
Throw and Catch Challenge	How many times can you throw and catch a small ball using your weaker hand only . You must stop when 30 seconds is up.						
Kick Up Challenge	How many Kick Ups can you complete using any feet in the 30 second time limit.						
Shuttle Run Challenge	Set up a sprinting line that is 10 of your largest steps apart . Use this line to sprint up and down as many times as you can in 30 seconds. Running to the end of the line and back counts as 1 point.						
Target Challenge	Use a small ball and bucket. Place the bucket 5 large steps away from your throwing zone . In a 30 second time limit try and get the ball into the bucket as many times as you can. You can use more than one ball if you have them available to you.						
Coin Flip Challenge	This is a difficult one. Use a 2 pence piece and place it at the edge of a table half on and half off . Use one finger to flip the coin into the air and try and catch it with the opposite hand .						
Header Challenge	Use a football to complete as many headers as you can in 30 seconds.						
Sit Ups Challenge	How many sit ups can you complete in 30 seconds. Make sure your hands are across your chest . You can tuck your feet under an object to help .						

Skipping Rope Challenge	How many times can you skip in 30 seconds. One full rotation of the rope counts as 1 point.						
Speed Bounce Challenge	Make a line on the floor. In a bunny hop technique bounce from one side of the line to the other as many times as you can in 30 seconds. Your feet must stay together, jumping and landing on two feet.						
<u>CREATE YOUR OWN CHALLENGES AND SET YOUR OWN TIMES LIMITS.</u>							

Use [@BurySchoolGames](https://twitter.com/BurySchoolGames) to tweet your attempts with consent from parents/guardians. Physical activity is a fantastic way of keeping our body and minds healthy during this difficult and confusing time.

I CHALLENGE YOU

