



## Personal Fitness 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. Use [@BurySchoolGames](#) & [@RadcliffeHall](#) 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.

Challenge Name	Explanation	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score	Attempt 4 Score	Attempt 5 Score	My Best Score
<b>Sit-Down Stand-Up Challenge</b>	Use a chair to sit down and stand up as many times as you can in 30 seconds. <b>Sitting down and standing up counts as one point.</b> This is a squat technique.						
<b>Star Jumps Challenge</b>	Complete a full star jump to achieve 1 point.						
<b>Throw and Catch Challenge</b>	How many times can you throw and catch a small ball using your <b>weaker hand only</b> . You must stop when 30 seconds is up.						
<b>Kick Up Challenge</b>	How many Kick Ups can you complete using any feet in the 30 second time limit.						
<b>Shuttle Run Challenge</b>	Set up a sprinting line that is <b>10 of your largest steps apart</b> . Use this line to sprint up and down as many times as you can in 30 seconds. <b>Running to the end of the line and back counts as 1 point.</b>						
<b>Target Challenge</b>	Use a small ball and bucket. Place the bucket <b>5 large steps away from your throwing zone</b> . In a 30 second time limit try and get the ball into the bucket as many times as you can. <b>You can use more than one ball if you have them available to you.</b>						

