

## Personal Fitness Challenge Passport

Every challenge will last for <u>30 seconds</u>. 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 <u>@BurySchoolGames</u> & <u>@RadcliffeHall</u> 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	Explanation	Attempt	Attempt	Attempt	Attempt	Attempt	My Best
Name		1	2	3	4	5	Score
		Score	Score	Score	Score	Score	
Sit-Down	Use a chair to sit down						
Stand-Up	and stand up as many						
Challenge	times as you can in 30						
	seconds. Sitting down and						
	standing up counts as one						
	<b>point</b> . This is a squat						
	technique.						
Star Jumps	Complete a full star jump						
Challenge	to achieve 1 point.						
Throw and	How many times can you						
Catch	throw and catch a small						
Challenge	ball using your <b>weaker</b>						
	hand only. You must stop						
	when 30 seconds is up.						
Kick Up	How many Kick Ups can						
Challenge	you complete using any						
	feet in the 30 second time						
	limit.						
Shuttle Run	Set up a sprinting line that						
Challenge	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	Use a small ball and						
Challenge	bucket. Place the bucket <b>5</b>						
	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. <b>You can use</b>						
	more than one ball if you						
	have them available to						
	you.						

Challenge	Explanation	Attempt	Attempt	Attempt	Attempt	Attempt	My Best
Name		Scarce 1	2 Scarce	3 Saara	4 Saara	5 Scarce	Score
Coin Flip	This is a difficult one. Use	Score	Score	Score	Score	Score	
Challenge	a <b>2 pence piece</b> and place						
chancinge	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 <b>opposite</b>						
	hand.						
Header	Use a football to complete						
Challenge	as many headers as you						
	can in 30 seconds.						
Sit Ups	How many sit ups can you						
Challenge	complete in 30 seconds.						
	Make sure your hands are						
	across your chest. You can tuck your feet under an						
	object to help.						
Skipping	How many times can you						
Rope	skip in 30 seconds. <b>One</b>						
Challenge	full rotation of the rope						
,	counts as 1 point.						
Speed	Make a line on the floor.						
Bounce	In a <b>bunny hop technique</b>						
Challenge	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.						
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