



Personal Best Challenge 1

Jumping Jacks



How many Jumping Jacks 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



Through the Hula Hoop



How many times can you pass the
Hula Hoop over your whole body 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

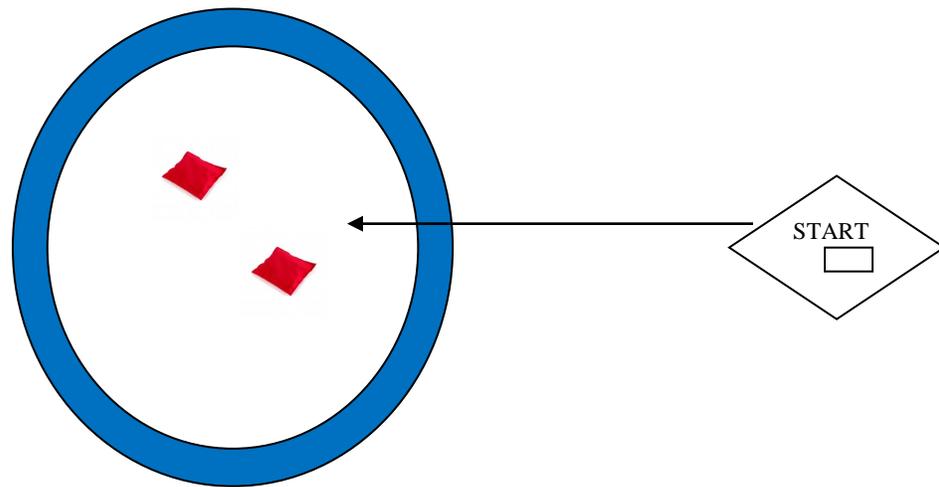
Remember this is about achieving your own Personal Best



Personal Best Challenge 3



Bean Bag Target



How many bean bags (or soft toys)
can you throw into a hula hoop (or
bucket or bowl) from a distance of 3
metres 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 4



Skipping



How many times can you make the rope go round in a full circle in 30 seconds?

Write down your score here: _____

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

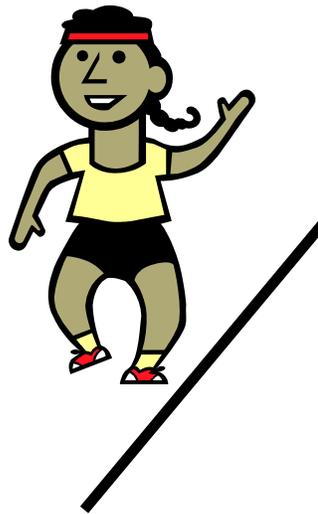
Every time you get a higher score write it down below:

Tweet your efforts @knowsleyssp

Remember this is about achieving your own Personal Best



Personal Best Challenge 5 Bounce Overs



How many times can you jump two footed side to side over a line 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 6



Two Hand Catch



How many times can you throw a
bean bag (or soft toy) above your
head and catch it 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

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
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!

Stay Safe, Stay Active!

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