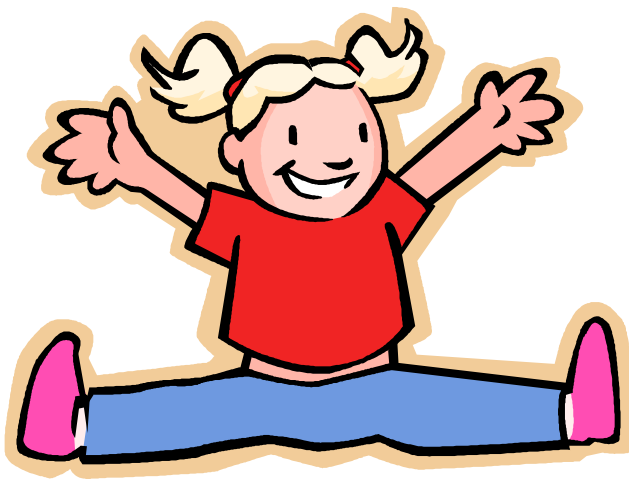




## Personal Best Challenge 1

# 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.

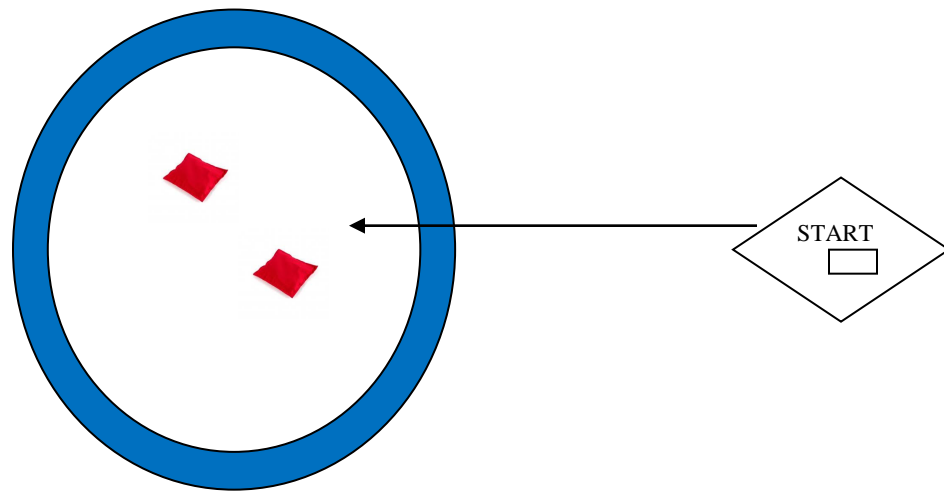
Every time you get a higher score write it down below:

\_\_\_\_\_

Tweet your efforts @knowsleyssp

Remember this is about achieving your own Personal Best

## 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

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## 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:

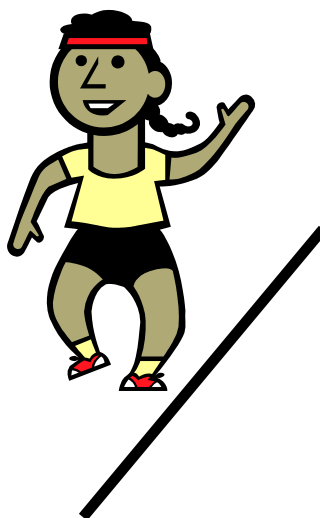
\_\_\_\_\_

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