

# BEING ACTIVE AT HOME PERSONAL CHALLENGE

*It is the Mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best' - School Games*

*Select an activity which you can do at home. Select a time (30 seconds, 1 minute, 2 minutes) and see how many times you can do your activity in the chosen time.*

*Write the score down and try again sometime soon! Practice practice practice and you'll see your score go up! Don't worry if it doesn't straight away (Usain Bolt didn't break the world record in every race).*

*Find a healthy way of rewarding yourself when you complete the challenge or when your score improves! Good luck!*



WHAT IS YOUR PERSONAL CHALLENGE?

HOW LONG WILL EACH CHALLENGE BE?

ATTEMPT 1

ATTEMPT 2

ATTEMPT 3

ATTEMPT 4

ATTEMPT 5

ATTEMPT 6

ATTEMPT 7

ATTEMPT 8

ATTEMPT 9

ATTEMPT 10

ATTEMPT 11

ATTEMPT 12

**PERSONAL CHALLENGE IDEAS:**

- FOOTBALL KEEPY UPS
- LAPS OF THE GARDEN
- THROW AND CATCH AN OBJECT ABOVE YOUR HEAD
- THROW AND WATCH AN OBJECT AGAINST A WALL
- SKIPPING
- TENNIS BALL AND RACKET KEEPY UPS
- BASKETBALL HOOPS
- SHOOTING INTO A GOAL
- THROWING ROLLED UP SOCKS INTO A BASKET
- SIT DOWN SQUATS
- SPEED BOUNCE (JUMPING OVER A LOW OBJECT)

CAN YOU THINK OF ANY MORE?

