Personal Challenge Record sheet

Somerset Activity & Sports Partnership

Somerset SchoolGames "Challenge yourself"

Name			School				
Sport	Challenge	Attempt					
		1	2	3	4	5	
Athletics	Speed Bounce (20 secs)						
	Standing Long Jump (cm)						
	Vertical Jump (cm)						
	Target Throw						
	20 x 5m Shuttle (Secs)						
	Standing Triple Jump (cm)						
Cricket	Brilliant Bowler (12 Attempts)						
	Hit the Target (How many in 1 min)						
	Perfect Pitch (12 Attempts)						
	Striking Star (12 Attempts)						
	Ball Taps (How many in 1 min))						
Tennis	Forehand (30 secs)						
	Backhand (30 secs)						
	Forehand / Backhand (30 secs)						
	Edge (30 secs)						
	Forehand/backhand/Edge (30 secs)						
Skipping	Single Bounce						
	Side Straddle						
	The X						
	Double Under						
	The Frog						
Create your own Personal Challenges							