



## High Jump

Take a metre stick/measuring tape and stand flat footed against a wall. Hold a piece of tape in your hand and jump up as high as you can and hit the tape onto the wall & then measure how high the tape is on the wall!

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## Push Up Challenge



Set a timer for 1 minute and see how many push ups you can complete in that time! You can do half push ups or challenge yourself with full push ups!

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## Tennis Ball & Bat

How many times can you bounce the tennis ball on the bat without missing the ball? Make it harder by not moving away from a spot on the floor!

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# PERSONAL BEST PASSPORT



## NORTH WEST LEICESTERSHIRE

### school sports partnership



Keep track of your best scores in all of our challenges & bring this passport with you to Best Fest!



## How it works!

Try out the activity & record your result in the first box. Keep trying the activity & each time you beat your score record it in the next Personal Best box! Take part in the activity at Best Fest to fill in the sticker box (the last box!).



### Speed Bounce

Set a timer for 30 seconds and see how many times you can jump over a line on the floor in that time! Make it harder by putting a wedge or cone on the floor to jump over!

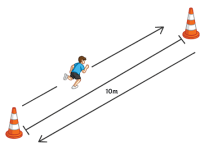
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### Ball Wall Throw

Set a timer for 30 seconds and see how many times you can throw and catch a ball against a wall standing a metre away from the wall. Make it harder by standing further away!

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### Shuttle Runs

Set up 2 cones 7m apart and see how quickly you can complete 10 runs between them! Make it harder by putting the cones 10m apart!

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### Skipping

How many skips can you do in 30 seconds? If you want to challenge yourself try going for 1 minute instead!

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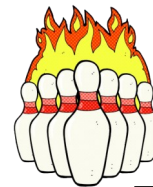


### Star Jump Challenge

How many star jumps can you do in 30 seconds? If you want to make it harder try going for 1 minute!

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### Skittles



Set up 10 partially filled water bottles & set them up with 4 at the back, then 3, 2 and 1 at the front. Stand 3m away and roll a ball to try and knock down as many bottles as possible in 3 turns! If you knock them all down before all 3 balls have been used set the bottles back up and carry on!

Make it harder by standing 5m away instead!

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### Bucket Ball



Set up a bucket and create a circle of 10 cones around it, each cone 3 metres away from the bucket & on top of each cone place a beanbag. Start a timer & see how quickly you can get all the beanbags into the bucket, only collecting one beanbag at a time.

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