

# PERSONAL CHALLENGE

Your Personal Challenge: can you achieve your Personal Best?

<b>1</b> Round the World	<b>2</b> Long Jump 	<b>3</b> Walk Outs	<b>4</b> Speed Bounce	<b>5</b> Skipping 
<b>6</b> Basketball Dribble	<b>7</b> Bear Crawls	<b>8</b> Star Jumps 	<b>9</b> Shuttle Run	<b>10</b> Hopping
<b>11</b> Target Throw	<b>12</b> Throw-Catch and Catch-Clap	<b>13</b> Triple Jump	<b>14</b> Seated Static Balance	<b>15</b> Plank Shoulder Taps
<b>16</b> Side to Side Shuffle and Touch the Floor	<b>17</b> Keep the Ball Up	<b>18</b> Mountain Climbers	<b>19</b> Split Lunge Jumps	<b>20</b> Hoola Hoop 
<b>21</b> Chest Push	<b>22</b> Plank	<b>23</b> Straight Arm Hold	<b>24</b> Burpees 	<b>25</b> Step Ups
<b>26</b> Zig Zag Challenge	<b>27</b> Agility Ladder / Hopscotch 	<b>28</b> Football Dribble	<b>29</b> Knee to Elbow	<b>30</b> Squat Jumps
<b>31</b> Wall Sit				

## Secondary Personal challenge exercises

1. Round the world- How many times can you pass a ball around your body in 60 seconds?
2. Long Jump: How far can you Jump? Can you jump your own height? Can you jump your friends height? Measure out the distance in paces.
3. Walk outs: Start in a plank position, keeping your legs straight and walk your hands up to your feet. How many can you do in 30 seconds?
4. Speed Bounce: How many speed bounces can you do in 30 seconds? You could use a line on the floor or marker to help.
5. Skipping: How many skips can you complete in 60 seconds?
6. Basketball dribble - How many times can you dribble the ball from one cone to another and back again?
7. Bear crawls - Keeping low to the floor moving on hands and feet from one cone to another how many lengths can you complete. You move forward to the first cone then backwards on the way back.
8. Star Jumps: How many Star jumps can you complete in 60 seconds ?
9. Shuttle Run: How quickly can you complete 6 x 10m shuttle runs?
10. Stalk Balance - How long can you hold the stalk balance? Stand on one leg with the other foot touching your knee.
11. Target Throw: How many points can you score from 5 throws from any of the different throw lines?
12. Catch-Clap: How many times can you throw a ball up in the air and catch it in 60 seconds? Then try throwing the ball up clapping and catching it before it hits the floor. How many claps can you squeeze in?
13. Triple Jump: How far can you jump? standing triple jump (Hop-Step Jump) or try five strides, how far can you travel using only 5 strides.
14. Seated Static Balance: How many times can you lift your feet over an object whilst seated in 60 seconds.
15. Plank shoulder taps - While holding a plank position lift one arm and touch the opposite shoulder, then repeat on the other side. How many shoulder taps can you complete in 60 seconds?

16. Side to side shuffle and touch the floor: Set out two cones five paces apart. Starting at one side you side step across to the other cone and touch the floor next to it then side step back to the other side and repeat. How many can you do in 30 seconds?
17. Keep the Ball Up: How many times can you kick the ball up before it hits the floor. To simplify allow a bounce in between each kick.
18. Mountain Climbers: How many Mountain Climbers can you do in 60 seconds?
19. Split lunge jumps - Lunge then jump and switch legs. How many can you do in 60 seconds making sure you complete the full range of movement?
20. Hoola Hoop: How many seconds can you hoola hoop before the hoop hits the floor?
21. Chest Push: How far can you push a basketball from your chest? Measure the distance from where it first hits the floor in paces.
22. Plank - How long can you hold a plank - maximum points if you make it to 60 seconds.
23. Straight arm hold - Hold a basketball out in front of you with straight arms. How long can you keep it in that position without dropping your arms?
24. Burpees: How many Burpees can you do in 60 seconds?
25. Step ups - using a gym step or bench - how many times can you safely step up with two feet and back down again. The steps only count if done correctly.
26. Zig Zag Challenge: How fast can you complete the Zig Zag activity challenge?  
  
This is running through a zig zag pattern of six cones.
27. Agility ladder/ hopscotch - How many times can you pass through the agility ladder in 60 seconds. If you dont have a ladder how many times can you complete a hopscotch sequence?
28. Football dribble - set out six cones. How many times can you dribble through them with a football without losing control in 60 seconds.

29. Knee to elbow - jumping bring your right knee and your left elbow together then repeat on the other side. How many can you complete in 60 seconds?
30. Squat jumps - How many times can you complete a full squat then jump high into the air in 60 seconds?
31. Wall Sit: How long can you hold a 90-degree squat against a wall for?  
Maximum points if you can hold it for 60 seconds.



