

A-Z School Games Challenge

P- Personal Challenge Challenge – You vs. You

We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the **#StayInWorkOut** and tag **@ThinkActiveCSW**

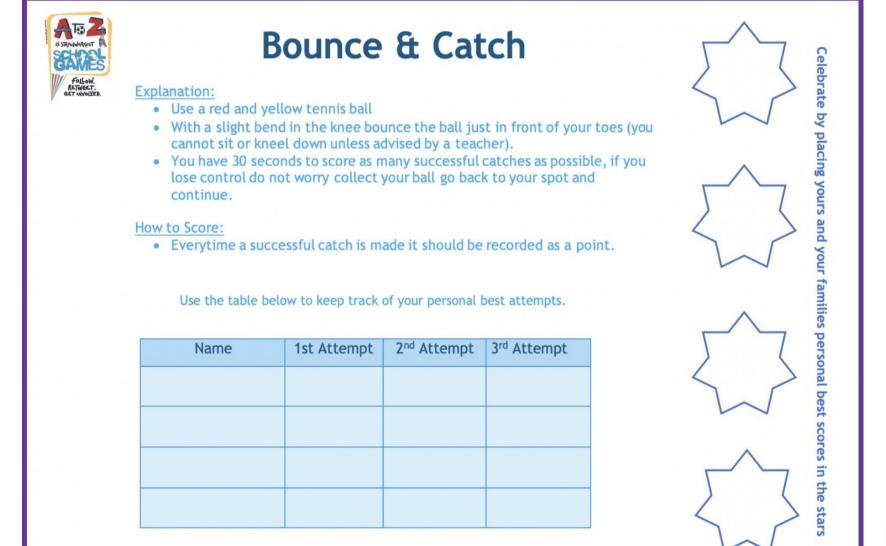








Figure of 8

Explanation:

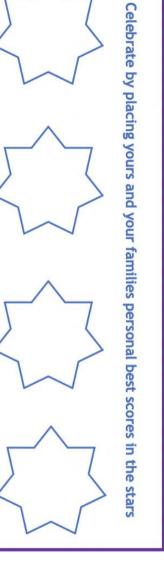
- Stand shoulders width apart, knees slightly bent.
- Using a beanbag pass the beanbag through and around yours legs in a figure of 8 motion.
- You have 30 seconds to score as many points as possible.

How to Score:

• Count the number of times you complete a full loop around your right and left leg. 1 full loop counts as one point.

Use the table below to keep track of your personal best attempts.

Name	1st Attempt	2 nd Attempt	3 rd Attemp



Could you make up your own 30 second challenge using a skill from your favourite sport?

For more Personal Challenge ideas have a look here - <u>https://www.youthsporttrust.org/pe-home-learning</u>



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