

**Description****Monday****Tuesday****Wednesday****Thursday****Friday**

Run	Can you run a little further each day?	Distance: Time:	Distance: Time:	Distance: Time:	Distance: Time:	Distance: Time:
Speed Bounce	You can use any object to jump over, e.g. a towel.	Total: Time:	Total: Time:	Total: Time:	Total: Time:	Total: Time:
Wall Sit	Lean against a wall and bend your knees like your sat on a chair.	Time:	Time:	Time:	Time:	Time:
Throw	How many pairs of socks can you throw into a basket/bin?	Total: Time:	Total: Time:	Total: Time:	Total: Time:	Total: Time:
Keep-Ups	Use any part of your body/ racket/ bat to keep a ball/ pair of socks up	Total:	Total:	Total:	Total:	Total:
Sit-Ups	How many consecutive sit-ups can you do?	Total:	Total:	Total:	Total:	Total:
Hopping	How many consecutive hops can you do?	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:
Long Jump	How far can you jump?	Distance:	Distance:	Distance:	Distance:	Distance:
Target	Can you throw/ kick a ball at a target? Record how many attempts it takes you.	Attempts:	Attempts:	Attempts:	Attempts:	Attempts: