

## Personal Challenge Record sheet



Name			School				
Cnort	Challenge		Attempt				
Sport		1	2	3	4	5	
Balance	Single Leg Balance						
	Static Balance						
	Seated Balance						
	Target Throw						
	Dynamic Balance						
	Own Balance						
Jumping	Hopping (30 Secs)						
	Quick Jump (30 Secs)						
	Jump – Reach (30 Secs)						
	Star Jump (30 Secs)						
	Jumping (30 Secs)						
Athletics	Speed Bounce (20 secs)						
	Standing Long Jump (cm)						
	Vertical Jump (cm)						
	Target Throw						
	20 x 5m Shuttle (Secs)						
Footwork	Sidestep						
	Gallop						
	Sidestep + Pivot						
	Hopscotch Forwards						
	Hopscotch Backwards						
Create your own Personal Challenges							
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