

**PERSONAL BEST
CHALLENGE**

Can you beat your scores throughout the week?

Sports Week Activity Tracking sheet

Name: _____

Class: _____



Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1. Around the world.					
2. Bean bag throw					
3. Star jumps					
4. Socks and a box					
5. Obstacle course.					
Challenge				Dress up as your favourite character when practicing your activities	

Tick the boxes for your different activities if you achieve bronze, silver and gold!

1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Challenges (choose one for each day)

- Design your own warm-up
- Make a recipe for an athlete – meal/ smoothie
- Make your own medal to wear on Friday
- Prepare an obstacle course for you and your family to complete
- Make a dance or routine to celebrate sports week
- Create a biography of your favourite athlete.