

**PERSONAL BEST  
CHALLENGE**

Can you beat your scores throughout the week?

Virtual Sports Week Activity Tracking sheet

Name: \_\_\_\_\_

Class: \_\_\_\_\_



Activity	Monday	Tuesday	Wednesday	Thursday	Friday
1.					
2.					
3.					
4.					
5.					
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"/> 	<input type="checkbox"/> 
2.	<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
3.	<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
4.	<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
5.	<input type="checkbox"/>	<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.