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| **At Home Personal Fitness Challenge** |
| **Name: Year:** |
|  | Attempt 1 | Attempt 2 | Attempt 3 | **Best Score** |
| Task 1: 60 Second**Step ups** |  |  |  |  |
| Task 2: 60 Second**Catch and Clap** |  |  |  |  |
| Task 3: 60 Second**Speed Bounce** |  |  |  |  |
| When complete please return to **Mrs Tomkins** oremail toresponses@ststephensce.lewisham.sch.ukA sticker for every entry and a prize for the top scorers. |