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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 to[responses@ststephensce.lewisham.sch.uk](mailto:responses@ststephensce.lewisham.sch.uk)  A sticker for every entry and a prize for the top scorers. | | | | |