

**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.

2.

3.

4.

5.

**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.