

## Personal Challenges –

The personal challenge will involve you doing activities for 10 seconds without stopping .Then repeating this every day to beat your score.

### WEEK 1-

Activity	Days of the week – Score				
	M	T	W	T	F
I can do 5 jumps					
I can do 5 Star Jumps					
I can do 5 hops on the spot					

### WEEK 2-

Activity	Days of the week – Score				
	M	T	W	T	F
Can you run on the spot for 20 seconds					
Can you jump on the spot for 20 seconds					
Can you hop on the spot for 20 seconds					

## Useful links for active activities –

Cosmic kids - <https://www.cosmickids.com>



Can you draw yourself playing your favourite sport?

