



CLARET & BLUE SPORTS DAY

You need to complete each activity three times, after each attempt enter your score in before circling your best score. You will then need to self-assess yourself in each activity out of 5. Tick how well you did with 1 being the lowest and 5 being the highest.

For a bonus point try and beat our coaches score in each activity!

	Attempt 1	Attempt 2	Attempt 3	Self Reflection	Beat the coach
1 Speed Bounce				1 2 3 4 5	<input type="checkbox"/>
2 Clap Catch				1 2 3 4 5	<input type="checkbox"/>
3 Plank				1 2 3 4 5	<input type="checkbox"/>
4 Step Ups				1 2 3 4 5	<input type="checkbox"/>
5 Wall Sit				1 2 3 4 5	<input type="checkbox"/>
6 Vertical jump				1 2 3 4 5	<input type="checkbox"/>
7 Target Practice				1 2 3 4 5	<input type="checkbox"/>
8 Skittles				1 2 3 4 5	<input type="checkbox"/>
9 Keepy uppies				1 2 3 4 5	<input type="checkbox"/>
10 Mountain Climbers				1 2 3 4 5	<input type="checkbox"/>
11 Air Squats				1 2 3 4 5	<input type="checkbox"/>
12 Long Jump				1 2 3 4 5	<input type="checkbox"/>
13 Bean Bag Balance				1 2 3 4 5	<input type="checkbox"/>
14 Reaction game				1 2 3 4 5	<input type="checkbox"/>
15 Tennis keepy uppies				1 2 3 4 5	<input type="checkbox"/>
16 Wheel barrow				1 2 3 4 5	<input type="checkbox"/>
17 Hula Hoop				1 2 3 4 5	<input type="checkbox"/>
18 Egg and Spoon				1 2 3 4 5	<input type="checkbox"/>
19 Slalom				1 2 3 4 5	<input type="checkbox"/>
20 Jump Lunge				1 2 3 4 5	<input type="checkbox"/>



WHAT YOU WILL NEED FOR OUR SPORTS DAY

Stopwatch, pen, paper, football, tape measure/ruler, hula hoop, five bottles, socks, sellotape/ sticky label, bean bag and a spoon