

# PERSONAL BEST



## WELLBEING ACTIVITIES TO TRY:

- **Skipping** — How many two footed skips can you complete in 1 minute (Reception—Year 1), 2 minutes (Years 3-6) or 3 minutes (Year 7+)
- **Speed bounce** — How many times can you jump from 2 feet to 2 feet across a line in 20 seconds (Reception—Year 1), 40 seconds (Years 3-6) or 60 seconds (Year 7+)
- **Running** — Can you run without stopping for 7 minutes (Reception—Year 1), 10 minutes (Years 3-6) or 12 minutes (Year 7+)

## ★ OTHER PLACES TO GET IDEAS:

[Click here](#) for the School Games Personal Challenge Playlist

[Click here](#) for the School Games Multi Skills Playlist

[Click here](#) for the Complete PE Home Learning Playlist

