Beat Your Score

Set yourself a challenge for the week. It might be keepy-uppys, jogging on the spot, sit ups, skipping with a rope or something else that you choose. On Monday, have a go and see what your score is. You might choose to score by HOW MANY you can do **or** for HOW LONG you can do it. Record Monday’s score and then decide what score you would like to try to achieve. Keep practising every day for the whole week. Can you improve your score?

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| Skill | First score | Score I am aiming for |
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| --- | --- |
| Day | Score |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |