

# Highfield Summer Fitness Challenge

## My Personal Best

**PB** stands for **Personal Best**. All athletes and sports people challenge themselves, and try to beat their personal best, whether it is goals per season, height they can jump or seconds it takes to run 100m.

Your fitness challenge this summer term is to choose 5 exercises or skills to improve. Record your starting point (level zero) then record your daily improvements. Each improvement will be your PB personal best, even if you just improve from 3 press ups to 4 (in my case!!)



- Choose 5 activities or exercises.
- Record your 'level zero' on the first day. This is your starting point for example, the number of sit ups you can do in 20 seconds might be 5.
- Record your scores for each activity on each following day (or 3 times a week - it's up to you)

The next slide will explain how to record your PB challenge.

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You can download a copy of the Highfield Personal Best Challenge card or draw your own using this as a model.

| Activity    | Day 1 date | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | PB |
|-------------|------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|----|
| Press ups   |            |       |       |       |       |       |       |       |       |        |    |
| Star Jumps  |            |       |       |       |       |       |       |       |       |        |    |
| Bucket Ball |            |       |       |       |       |       |       |       |       |        |    |
| Stork       |            |       |       |       |       |       |       |       |       |        |    |
| Catch       |            |       |       |       |       |       |       |       |       |        |    |



These are just example activities - you can choose from the following slides or make up some of your own.

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Here are some possible activities/exercises you could choose to complete each day.

### Standing Long jump



#### Instructions

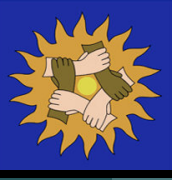
- Jump with two feet together
- Start with both feet behind the line
- The jump will be marked from where the back of the heel lands

#### Tips

Swing your arms forward as you jump. Measure from your starting line. If you don't have a tape measure or ruler choose a non standard measure e.g. your feet or a book. (use the same measuring unit each time you record your jump.)

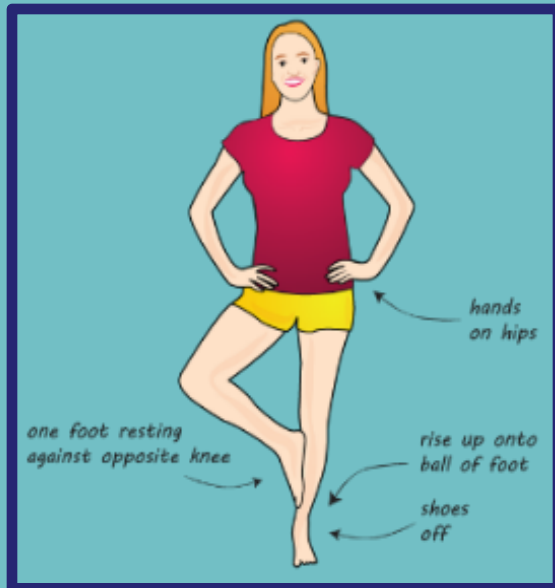
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Here are some possible activities/exercises you could choose to complete each day.

### Stork Balance

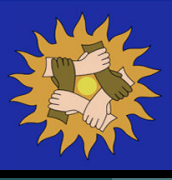


#### Instructions

- Remove your shoes and place the hands on the hips
- Position the non-supporting foot against the inside knee of the supporting leg
- Time how long you can balance on your right leg and also your left leg

#### Tips

Find something to focus on that doesn't move to help you balance e.g. a light switch.  
Give yourself time to find your balance by standing still on both feet first.

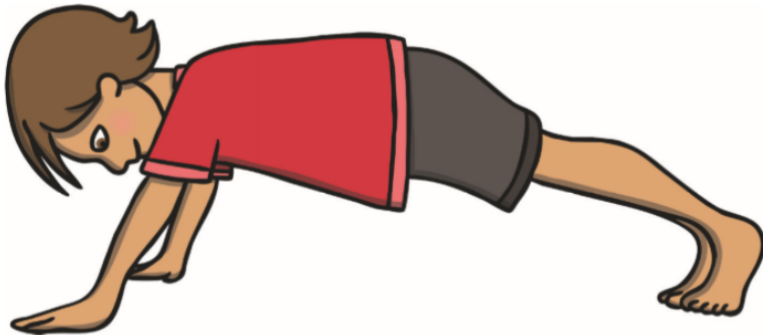


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Here are some possible activities/exercises you could choose to complete each day.

### Plank



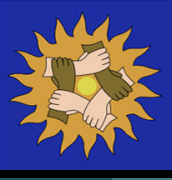
twinkl  
visit [twinkl.com](https://www.twinkl.com)

#### Instructions

- Hold your body in the plank position for as long as you can.
- Ask someone to time you, or time yourself.

#### Tips

Try to keep your body as straight as possible.  
Lower your shoulders away from your ears.  
Tighten your core ( your stomach muscles).

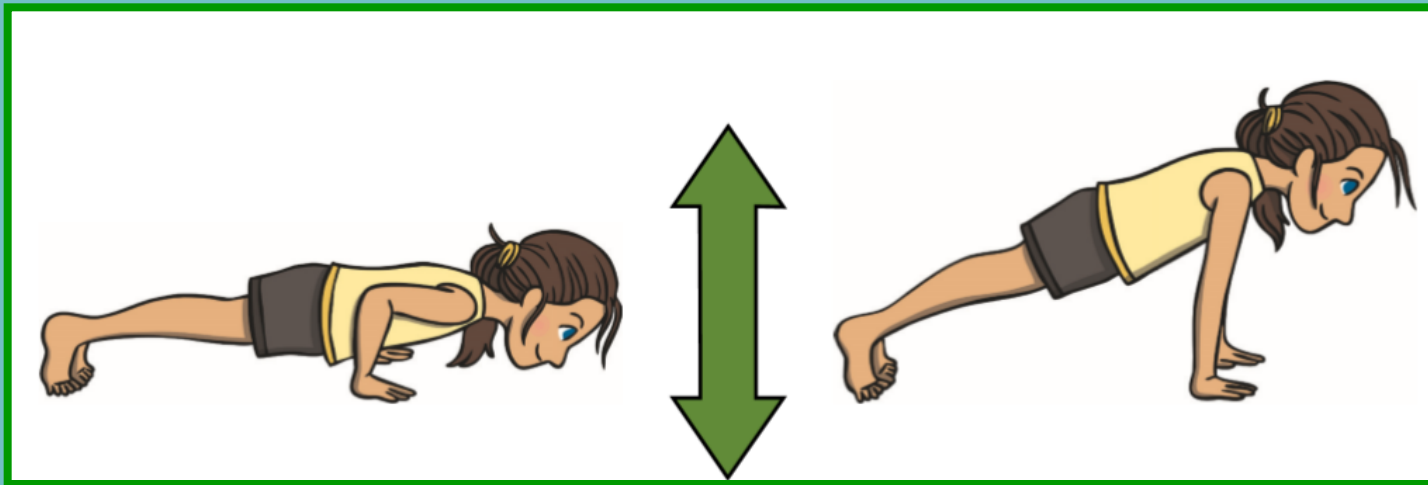


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### Press ups



#### Instructions

- Begin in plank position .
- Bend your elbows to lower yourself down
- Push up keeping your body straight.

#### Tips

Try to keep your body as straight as possible.  
Drop your knees for an easier version.  
Keep your elbows into your side.  
Tighten your core ( your stomach muscles).

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### Speed bounces



#### Instructions

- Time 20 seconds and count number of jumps
- KS2- jump over a book and land on 2 feet together
- KS1 - jump over a line or a stretched out piece of string

#### Tips

Pick your knees up.

Keep the body upright - don't look down too much.

Try and get a rhythm going.

These are rebound jumps so do not bend your knees too much.

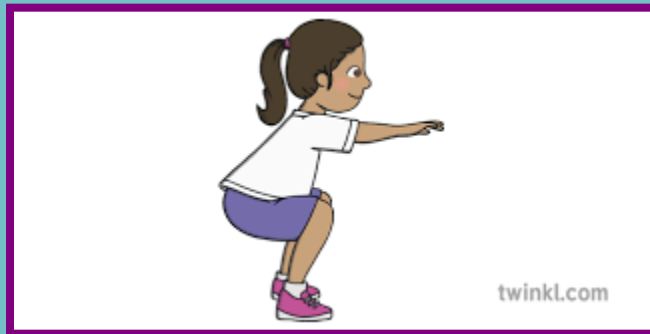
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### Squats



#### Instructions

- Plant your feet hip width apart
- Bend as if you were going to sit down.
- Keep your back straight
- How many squats can you do in 20 seconds? Or How long can you hold a squat for?



#### Tips/variations

You can place a chair or stool below your bottom. Sit for a nano second and then push back up.  
Look straight ahead to keep your balance.  
Wall sits are another great variation on this exercise. How long can you last?



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### Star Jumps



#### Instructions

- Stretch arms and legs out to the side like a starfish while jumping
- Return arms to sides and legs to centre on landing
- Time how many you can do in 20 seconds

#### Tips

You could choose a times table to practise whilst jumping!

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### Catch



#### Instructions

- How many times can you throw a ball in the air and catch it in 20 seconds?
- Or How many times can you throw a ball and catch it without dropping it?

#### Tips/Variations

Change the size of the ball - go smaller if it is too easy.

If you don't have a ball or are inside, use a rolled up sock.

Try it one handed.

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### Bucket Ball

This is a Major family favourite!



#### Instructions

- Place your bucket
- Walk 5 large paces away from it
- You have 20 shots
- How many times can you get your ball into the bucket?

#### Tips/Variations

Change the size of the ball - go smaller if it is too easy.  
Change hands.

If you don't have a ball or are inside, use rolled up socks.  
Walk further away if it is too easy.