



# SCHOOL GAMES PERSONAL BEST CHALLENGES

## ACHIEVE YOUR BEST

30 SECOND TIMED CHALLENGE  
HOW MANY CAN YOU DO...

PARA-ATHLETICS

## LEVEL 2 / 3

PERSONAL CHALLENGES (30 SECONDS)

### 1. BASIC

WHEEL / STEP  
OVER A LINE



### 2. DEVELOPMENT

SPEED BOUNCE  
OVER A LOW CONE



### 3. ADVANCED

SPEED BOUNCE  
OVER A WEDGE



### SCHOOL GAMES ORGANISER AREA'S

