



# Personal Challenges

Term 3

Send your scores / photos to  
collettepriestman@hotmail.com

By 12th February

These can be done at home or at school

There will be prizes available

## 1. Spell Your Name —

Equipment—None

To take part—Spell your name out either by using the photo or creating your own letter.

Take photos of each letter and put them  
on a word document.



## 2. 60 second shuffle—

Equipment—Place 2 chairs 3m apart

To take part—Start by one chair and sideways shuffle (side step) to the next chair touch it then shuffle back – this would count as 2

How many shuffles can you do in 60 seconds?

## 3. Scarf Tossing—

Equipment—Scarf

To take part— choose one of the numbered activities and see if you can complete the number stated without dropping it or making a mistake.

How many can you do?





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Entry Form

Name:.....

Year group:.....

School:.....



Which challenge or challenges did you participate in? (please tick)

**1. Spell your name—**

Photos sent Yes / No

**2. 60 Second Shuffle—**

How many Shuffles in 60 seconds? .....

**3. Scarf Tossing—**

Activity 1                      How many? .....

Activity 2                      How many? .....

Activity 3                      How many? .....

Activity 4                      How many? .....

Activity 5                      How many? .....

Activity 6                      How many? .....

**Do you give permission for the photos to be used on social media—AVSSP FaceBook page? (only first names will be used)      Yes / No**

**Signed parent / guardian .....**

*Send to collettepriestman@hotmail.com by 19th December*