



# ACTIVE LEADERSHIP: CHALLENGE SOMEONE TO BE ACTIVE AND ACHIEVE A PERSONAL BEST

Before you start here are some tips:

- Think of an individual sports skill or exercise you can do at home
- Make sure there is a way to score or time the challenge
- Think about what equipment people have at home
- Try out your challenge on a family member
- Ask a grown up for help to make sure your challenge is suitable



Use the space below to explain how to complete your personal best challenge...

## CHALLENGE NAME:

How to complete the challenge:

Equipment needed:

Diagram:

How to score the challenge: