

Individual Score Card



Name:

No.	Activity	Description	Personal Best
1	Balance Test	Timed event; Test your balancing & concentration skills.	
2	Standing Long Jump	Distance event; Test your Power and Balance	
3	Speed Bounce	Timed event; Test your stamina and agility on the Speed bounce	
4	Target Throw	Accuracy event; Test your throwing and accuracy	
5	Chest Push	Distance event; Use your Power and strength on the chest push	
6	Skipping	Timed event; Try this to push your stamina and co-ordination	
7	Shuttle Runs	Timed event; Balancing speed and stamina are key to shuttle runs	
8	Hurdles	Timed event; Test your co-ordination and stamina	

Total: