



Spirit North Improvement Challenge

Get active and challenge yourself to improve! Do each activity and record your success. Your challenge is to improve the second, third, fourth or hundredth time you do the activity. Do it by yourself or with someone you live with.

TEST YOUR BALANCE

Balance on one leg for as long as you can and get someone to time you. For an extra challenge, do this closing your eyes.



MY SCORE

Left Foot

Right Foot

HOW LONG CAN YOU HOLD PLANK FOR?

Plank for as long as you can and get someone to time you.



MY SCORE

First Try

Second Try

Seconds

Seconds

HOW MANY JUMPS CAN YOU DO?

Count how many jumps you can do across the room. Try and get less the second time. For an extra challenge, touch the floor between each jump.



MY SCORE



First Try

Second Try

HOW MANY LAPS CAN YOU DO?

Count how many times you can walk or jog around the yard until you stop.



MY SCORE

First Try

Second Try

CAN YOU CATCH?

Count how many times you throw and catch an object. For an extra challenge, try to throw the object higher each time.



MY SCORE

First Try

Second Try

HOW LONG CAN YOU BALANCE THINGS ON YOUR HEAD?

Put a few objects on your head and see how long you can balance it on your head for.



MY SCORE

First Try

Second Try

Seconds

Seconds

Extra challenge: Make up your own challenge! What skill or personal challenge do you want to improve on?