

Event1: Standing Vertical Jump

Personal Best: _____

No. of Jumps	1	2	3
Height Jumped			

Event 2: Standing Long Jump

Personal Best: _____

No. of Jumps	1	2	3
Distance Jumped			

Event 3: Keepy ups

Personal Best: _____

No. of attempts	1	2	3
No. of keepy ups			

Event 4: Tennis Ball Throw

Personal Best: _____

No. of attempts	1	2	3
No. of catches			

Event 5: Speed Bounce

Personal Best: _____

No. of attempts	1	2	3
No. of jumps			

Bonus Event: 10 Minute Run

How far did you run in 10 minutes?

Personal Best: _____