



# My Three Day Training Challenge

## You will need:

- Sports equipment for your chosen activity
- My Three Day Training Challenge Graph (page 2)

Get seriously good at your favourite sport and practise using graphs with different scales.

Would you like to play a sport like a superstar? Set yourself a **Three Day Training Challenge** and see your skills get better and better.

## What to do

1. Choose a sport to practise. Check you have the equipment you need.
2. Create a challenge, e.g. 'How many times can I kick a football into a goal in 5 minutes?', or 'How many times can I bounce a ball on a racket without stopping?' Check with an adult that your challenge is safe and appropriate for your age. Write the challenge as a heading on the graph on page 2.
3. Train for three sessions. Record your best score from each training session. If your challenge is timed, use a clock or watch to time each attempt.
4. Look at the graph. Choose a scale for the score depending on your results and fill it in on the graph. Record your results on the graph. Use a ruler to draw a line across the column for the session at exactly the height of your score. Colour in the column below this line. Use a different colour for each session.
5. How did you do? Did your score go up, stay about the same or go down? Do you think it would get better if you had more training sessions?

Print off another sheet and give it a go!

# My Three Day Training Challenge Graph

My Challenge: \_\_\_\_\_

