

Crossdale Virtual Games

How to score each challenge

<u>Shuttle Runs</u>	<u>Speed Bounce</u>	<u>Throw + Catch</u>	<u>Figure of eight</u>	<u>Star Jumps</u>
How many shuttle runs can you complete in 1 minute?	How many speed bounces can you complete in 1 minute?	How many times can you throw + catch the ball in 1 minute?	How many figure of eight can you do in 1 minute?	How many star jumps can you do in 1 minute?

Scoresheet

	Monday	Tuesday	Wednesday	Thursday	Friday
Shuttle Runs					
Speed Bounce					
Throw + Catch					
Figure Of Eight					
Star Jumps					