Healthy Hearts









Pupil Record Card

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date |  |  |  |  |  |  |  |  |
| 1. Speed Bounce
 |  |  |  |  |  |  |  |  |
| 1. Step Ups
 |  |  |  |  |  |  |  |  |
| 1. Ball Catch
 |  |  |  |  |  |  |  |  |
| 1. Skipping
 |  |  |  |  |  |  |  |  |
| 1. Star Jumps
 |  |  |  |  |  |  |  |  |
| 1. Throw 4 Accuracy
 |  |  |  |  |  |  |  |  |
| 1. Sit Ups
 |  |  |  |  |  |  |  |  |
| 1. Shuttle Run
 |  |  |  |  |  |  |  |  |
| 1. Spotty Dog
 |  |  |  |  |  |  |  |  |
| **Total Score** |  |  |  |  |  |  |  |  |





