



# 5 Star 5 Steps Personal Record Sheet

NAME..... CLASS.....

Date	(first lesson)												My personal best		Improvement (no of points)
	mark	points	mark	points	mark	points	mark	points	mark	points	mark	points	mark	points	
sprint															
hurdles															
High jump															
Long jump															
Triple jump															
soccer chest push															
vortex throw															
<b>BEST THREE EVENTS: POINTS</b>														<b>XXXXXXXXXX</b>	
<b>TOTAL</b>															