



In partnership with



SCORE SHEET

Simply time or measure your scores for each of the 5 events and write them in the score sheet below. Then using the award sheet, workout how many points you earnt for each event.

The family member with the highest overall points is the winner!

Make sure you watch the video demonstration for each event on www.nextlevelsportsltd.com

EVENT	Target Throw	Speed Bounce	5 x 2m Shuttle Run	Long Jump	Obstacle	TOTAL
NAME	Measurements/Distance/Times					

Gold, Silver, Bronze and participation certificates can be downloaded on our website www.nextlevelsportsltd.com