

Big Red School Sports Day

Self-Assessment Sheet



#BigRedSportsDay

For each activity, you have a self-assessment rating of 6.
Tick how well you think you did, 1 being the lowest and 6 being the highest.

Activity

1	Gomez Standing Long Jump	★ ★ ★ ★ ★ ★
2	Mané Agility Test	★ ★ ★ ★ ★ ★
3	Alisson Egg & Spoon Race	★ ★ ★ ★ ★ ★
4	Milner Endurance Test	★ ★ ★ ★ ★ ★
5	Van Dijk Wall Jump	★ ★ ★ ★ ★ ★
6	Trent's 6 Times Star Jumps	★ ★ ★ ★ ★ ★
7	Firmino Target Test	★ ★ ★ ★ ★ ★
8	Lovren Box Leap	★ ★ ★ ★ ★ ★
9	Salah Balance Test	★ ★ ★ ★ ★ ★
10	Robertson Reaction Game	★ ★ ★ ★ ★ ★
11	Adrian Throw & Clap	★ ★ ★ ★ ★ ★
12	Gini Step Up Stamina Test	★ ★ ★ ★ ★ ★
13	Jürgen Says	★ ★ ★ ★ ★ ★
14	Henderson Shuffle	★ ★ ★ ★ ★ ★

What you will need

Mobile/Pen/Paper/Tea Towel/Timer/Sellotape
/Socks/Mug or Cup/Coat/T-shirt
/Item for egg and spoon

WE ARE LIVERPOOL.
THIS MEANS MORE.