

# 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

★	★	★	★	★	★
★	★	★	★	★	★
★	★	★	★	★	★
★	★	★	★	★	★
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★	★	★	★	★	★
★	★	★	★	★	★
★	★	★	★	★	★

#### 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.**