





physical activity tick it off. Can you complete the activities in the blue squares in less than 60 seconds?

If you are finding some of

the activities hard, change

them or have a rest and

then continue. When performing the activities make sure that you

are honest.

Jump up and down in a space 40 times

Play musical statues

Ride a bike, scooter

Balance on a part of your body for 60 seconds

Jump or Move over a wollig 40 times

Play hide and seek

How to play: Once you complete a

Hop, jump or stand on the spot for 60 seconds

Balance in a plank position

Pass a ball around vour waist or head 25 times

Balance an object on your head

Keep a balloon in the air for 60 seconds

Perform 50 star iumps

Complete 20 shuttles (running, walking or moving)

Skip or Move for 2 minutes

Roll a ball across a table 10 times

Perform 40 of the same type of jumps

Create and complete an obstacle course

Throw or roll an object into a target 10 times in a row

Dribble a ball in and out of objects

Perform 40 squat jumps / sit forwards

Throw or roll a ball against a wall or with a siblina

Move and complete 10 laps of your house or garden

Perform 40 jumps

Play a new game with a siblina. parent or

carer

Achieve Silver

Achieve Gold Complete all the activities on the card

Complete a horizontal or vertical line of activities



Perform 30 push ups

Perform dance movements

Perform a short fitness workout

Perform 30 sit ups or lean forwards

Perform a gymnastics routine

Invent and play a new game

Achieve Bronze

Complete one activity from each line

