Toe Taps (Use alternate feet)

> Star **Jumps**

Pat a ball (downwards using alternate hands)

Make an obstacle course

Throw clap catch a ball

Speed bounce (jump sideways over

an object)

Get ups (Sit down and stand up tall then repeat not allowed to use your hands)

Black boxes 60 second challenges how many can you do in 60 seconds?

> White boxes creative challenge

Green boxes - can you complete the challenge for 60 seconds?

Seated Balance

without stopping

Balance on one foot passing an object round your waist

Run

Keep a

Create and Play your own game

Hop on the spot

balloon off the floor

Plank