

1. Throw and Clap

How many times can you clap between throwing a ball in the air and catching it again? Use a rolled up pair of socks if you don't have a ball.



2. Target Throw

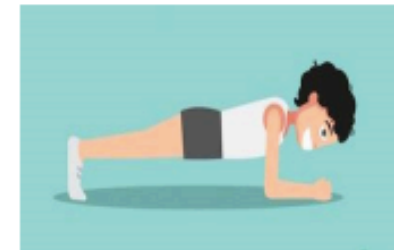
You will need a bucket and a ball or pair of socks.

! Place the bucket 3m away.
Have 5 goes to throw the ball in the bucket. How many did you score?



3. The Plank

How long can you hold the 'plank' position for? Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



4. Blindfold Balance.

Get a blindfold, choose your best leg, how long can you balance on one leg?



5. Star Jumps

How many star jumps can you do in 1 minute?



6. Bunny Hops

! How many bunny hops can you do in 1 minute?
Start and finish each jump with your hands and feet on the floor



7. Climb the mountain

How many mountain climbers can you complete in 60 seconds?



8. Standing Long Jumps

Start with your feet together jump forward keeping your feet together, measure how far you jumped.



9. Around the World

How many times can you pass the ball around your waist in 60 seconds? If you drop the ball you need to pick it up quickly and carry on. Use a cushion or a pillow if you don't have a ball.



10. Speed Jumps

How many two footed jumps can do over a marker in 60 seconds?



11. Fast Feet

How many times can you dribble a ball around a marker and back in 60 seconds? Place down a starting marker and then a second marker 5 steps away.



12. Jogging on the spot.

How long can you jog on the spot? Can you push yourself a little further even when you feel tired?

