

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 pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
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 sibling	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
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

How to play:

- Once you complete a 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**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line

