

<b>Jump</b> up and down in a space 40 times	<b>Play</b> musical statues	<b>Ride</b> a bike, scooter	<b>Balance</b> on a part of your body for 60 seconds	<b>Jump</b> or <b>Move</b> over a pillow 40 times	<b>Play</b> hide and seek
<b>Hop, jump</b> or <b>stand</b> on the spot for 60 seconds	<b>Balance</b> in a plank position	<b>Pass</b> a ball around your waist or head 25 times	<b>Balance</b> an object on your head	<b>Keep</b> a balloon in the air for 60 seconds	<b>Perform</b> 50 star jumps
<b>Complete</b> 20 shuttles (running, walking or moving)	<b>Skip</b> or <b>Move</b> for 2 minutes	<b>Roll</b> a ball across a table 10 times	<b>Perform</b> 40 of the same type of jumps	<b>Create</b> and complete an obstacle course	<b>Throw</b> or <b>roll</b> an object into a target 10 times in a row
<b>Dribble</b> a ball in and out of objects	<b>Perform</b> 40 squat jumps / sit forwards	<b>Throw</b> or <b>roll</b> a ball against a wall or with a sibling	<b>Move</b> and complete 10 laps of your house or garden	<b>Perform</b> 40 jumps	<b>Play</b> a new game with a sibling, parent or carer
<b>Perform</b> 30 push ups	<b>Perform</b> dance movements	<b>Perform</b> a short fitness workout	<b>Perform</b> 30 sit ups or lean forwards	<b>Perform</b> a gymnastics routine	<b>Invent</b> 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

