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| Bunny Hops | Ladder Run  |
| Equipment:Long ropeActivity:Stand side-on to rope with both feet together.Jump over and back keeping feet together.Challenge:How many complete jumps? | Equipment:Fitness laddersActivity:Stand facing ladder.Travel to end of ladder with one foot in each hole.Go back to the start after each complete length.Challenge: How many ladder lengths completed? |
| Shuttle Run | Beanbag Head, Shoulders, Knees, Toes |
| Equipment:marker cones x6Activity:Cones set out in 2 rows.Children run between 2 cones, counting each cone touched. Challenge:How many cones touched? | Equipment:Beanbags x6Activity: Hold a beanbag in each hand.Standing upright touch head with each beanbag, then shoulders, knees and toes.Challenge:How many sets complete? |
| Bean bag target throw | Spotty Dogs |
| Equipment:Bean bags x9Hoops x3Long ropeActivity:Children stand behind rope with 3 bean bags.Throw one at a time aiming at hoop.Collect bean bags and return to start.Challenge:How many beanbags in the hoop in total? | Equipment:NoneActivity:Stand with left arm and right leg forward.Alternate left and right sides (puppet style!)Challenge:How many sets? |