|  |  |
| --- | --- |
| Bunny Hops | Ladder Run |
| Equipment:  Long rope  Activity:  Stand side-on to rope with both feet together.  Jump over and back keeping feet together.  Challenge:  How many complete jumps? | Equipment:  Fitness ladders  Activity:  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 x6  Activity:  Cones set out in 2 rows.  Children run between 2 cones, counting each cone touched.  Challenge:  How many cones touched? | Equipment:  Beanbags x6  Activity:  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 x9  Hoops x3  Long rope  Activity:  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:  None  Activity:  Stand with left arm and right leg forward.  Alternate left and right sides (puppet style!)  Challenge:  How many sets? |