|  |  |
| --- | --- |
| Ladder Side Shuffle | Slalom Shuttle Run |
| Equipment:  Fitness ladders  Activity:  Children face side on to the ladder.  Both feet into each ladder hole one at a time before moving into the next hole.  Work to the end of the ladder and back down the other side.  Challenge:  How many ladder lengths completed? | Equipment:  marker cones x6  Activity:  Cones set out in 2 offset rows.  Children run around each cone in a zig-zag pattern.  Go back to the start.  Challenge:  How many shuttles completed? |
| Bean bag target throw | Skipping |
| 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:  Skipping ropes x3  Activity:  Skipping on the spot.  Challenge:  How many complete skips? |
| Ski Jumps | Beanbag Head, Shoulders, Knees, Toes |
| 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:  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? |