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| Ladder Side Shuffle  | Slalom Shuttle Run |
| Equipment:Fitness laddersActivity: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 x6Activity: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 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:Skipping ropes x3Activity:Skipping on the spot.Challenge:How many complete skips? |
| Ski Jumps | Beanbag Head, Shoulders, Knees, Toes |
| 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: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? |