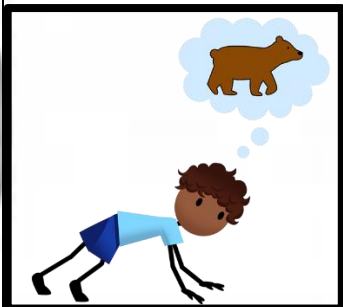


LOCOMOTOR SKILLS - Try as many of these activities as you can.

Animal Antics

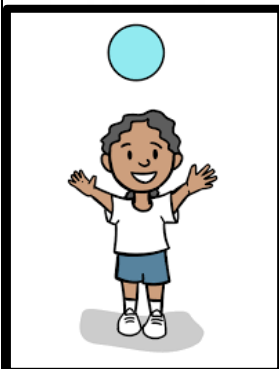
Use your body to be different animals.



Slither like a snake
Flutter like a butterfly
Stomp like an elephant.
Hop like a frog.

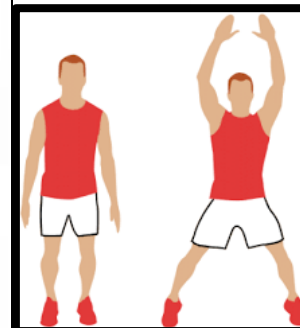
Can you make up some of your own?

Brilliant Ball Skills



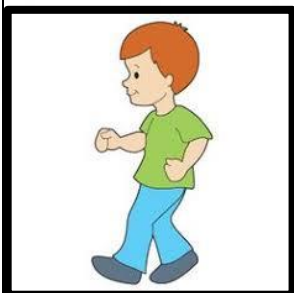
Use balls of different sizes to bounce, throw, catch, roll, kick, score goals, dribble, or dribble around cones or markers.

Jumping Jacks!



How many different ways can you jump?
On the spot (small and big)
Side to side, star jumps, bunny jumps, backwards, forwards with eyes open and eyes closed!

Wonderful Walking!



Walk forwards, backwards, eyes open, eyes closed, sideways on tiptoes, heel to toe and then take giant steps.

Chair Push Ups.



Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair. Repeat 10 times.

Balance Quest!



Can you hold these balances for 10 seconds each?
Try to hold them for longer?

Pencil Jump!



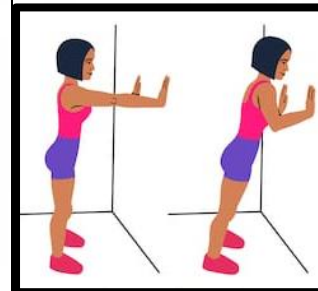
How many times can you jump over the pencil in 30 seconds?

Bean bag challenge!



How many beanbags can you throw in a basket?
Can you change the distance you throw from?

Wall Warm - up!



Find a wall. How many wall pushes can you do in 1 minute?