

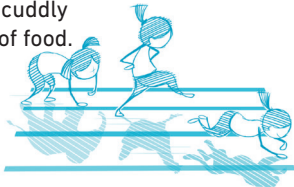


Level 1

Move Like An Animal

Equipment Needed

Two teddies, cuddly toys or cans of food.



Standing Starter Sprints

Equipment Needed

Two teddies, two t-shirts.



Level 2

RUNNING

Super Shuttle Runs

Equipment Needed

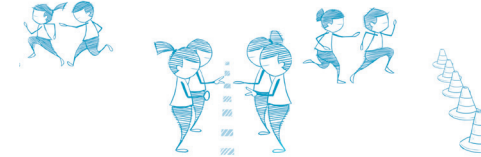
Three jumpers or t-shirts.



Rock Paper Scissors Tag

Equipment Needed

An open playing area and a den or safezone.



Level 3

Reaction Rocket Races

Equipment Needed

Two jumpers or two t-shirts.



Stamina Run

Equipment Needed

An open playing area, stopwatch, whistle.



JUMPING

Long Jump One

Equipment Needed

Two teddies or jumpers.



Long Jump Two

Equipment Needed

A length of rope or string and a teddy or jumper.



Triple Jump

Equipment Needed

A line of rope or string, an object to mark your distance for example a teddy or a jumper.



Vertical Jump

Equipment Needed

A piece of chalk or a pencil and a measuring tape.



Obstacle Jump

Equipment Needed

Four obstacles to jump over such as toys or boxes.



Hurdle Jump

Equipment Needed

A sweeping brush or mop and two chairs.



THROWING

How Far Can You Throw?

Equipment Needed

A teddy or soft toy or a beanbag.



Tennis Ball Challenge

Equipment Needed

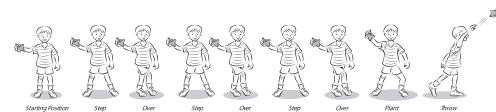
A tennis ball.



Run and Let Go

Equipment Needed

Something to throw such as a beanbag, a ball or a soft toy.



Flying Teddies

Equipment Needed

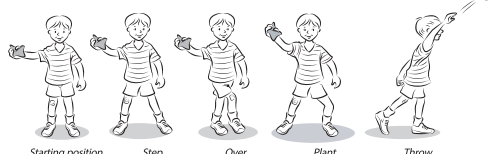
A teddy or a soft toy, a target for example a bin or a basket or a hoop.



Step it Out

Equipment Needed

A tennis ball, teddy or beanbag.



Knock 'Em Down

Equipment Needed

A ball or a beanbag, objects to use as targets for example empty plastic bottles or cans.

