

1. Speed bounce

Make a line on the ground.
How many times can you jump side to side over the line in 60 seconds? You score 1 point per jump.



2. Get it in the bucket

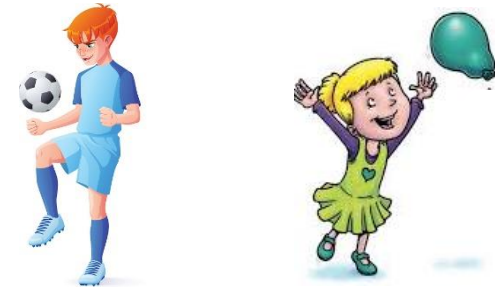
Place down a bucket or box. Use three cones to create three throwing lines (each 2m away from the previous). Throw a ball to get it in the bucket. If you get the ball in the bucket, you move back to the next cone and so on. Which cone can you make it to in 60 secs?

scoring
cone 1 =10pt
cone 2 =20pts
cone 3 =30pts



3. Keepy Uppy Challenge

How many times can you keep a ball in the air in 60 seconds? You can use a football, bat and ball, racket and ball, balloon - you choose!
You score 1 point per hit.

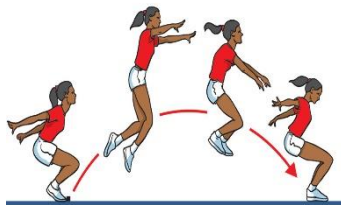


4. Standing Long Jump

Jump forward from two feet to two feet. Use a tape measure to find your score. Record your best jump from three attempts.

Scoring

Up to 1m	5 points
1m to 1.5m	10 points
1.5m to 2m	15 points
2m to 2.5m	20 points
2.5m plus	25points



5. Balance Ninjas

Find a piece of equipment to balance on. Using one foot only how long can you balance on that foot? You have up to 60 seconds. The points scored will be the number of seconds you balanced for.



6. Super Shuttle Sprint

Mark out a 3m distance using two cones or markers. How many times can you run around the two cones in 30 seconds? Scoring - one complete loop (around both cones) counts as 5 points, so two loops = 10 points etc.

