

Blindfold balance

How long can you balance on one leg blindfolded?

Throw and clap



How many times can you clap between throwing a ball in the air and catching it again?

Book Balance



Try to walk without letting any books fall

Can you do these Monster moves?

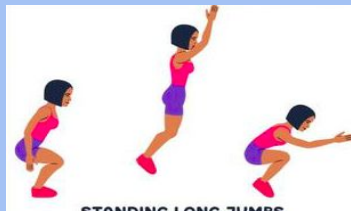
Fill the bucket

Place the bucket 1m away. How many clothes pegs can you throw into the bucket in 1 minute?

Tennis racket bounces



How far can you jump?



Sack race

Maybe you could use an old pillow case

Sprint



High 5 plank

Plank position facing your partner/wall. How many high 5's can you do in 1 minute?

Egg and spoon race



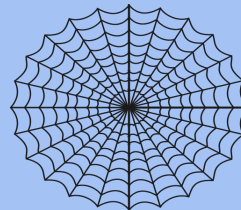
Bunny hops

How many hops can you do in 2 minutes?

Bear walk



Spider toe touches



Welly toss



How far can you throw your welly?