



Level 1

Level 2

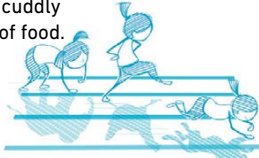
Level 3

RUNNING

Move Like An Animal

Equipment Needed

Two teddies, cuddly
toys or cans of food.



Standing Starter Sprints

Equipment Needed

Two teddies, two t-shirts.



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.



Reaction Rocket Races

Equipment Needed

Two jumpers or two t-shirts.



Stamina Run

Equipment Needed

An open playing
area, stopwatch,
whistle.

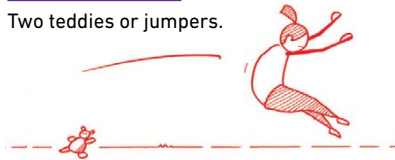


JUMPING

Long Jump One

Equipment Needed

Two teddies or jumpers.



Vertical Jump

Equipment Needed

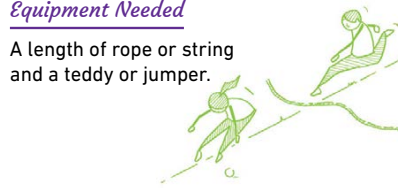
A piece of chalk
or a pencil and a
measuring tape.



Long Jump Two

Equipment Needed

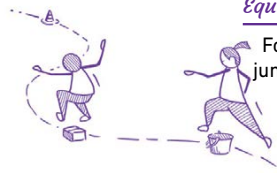
A length of rope or string
and a teddy or jumper.



Obstacle Jump

Equipment Needed

Four obstacles to
jump over such as
toys or boxes.



Triple Jump

Equipment Needed

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



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.



Flying Teddies

Equipment Needed

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



Tennis Ball Challenge

Equipment Needed

A tennis ball.



Step it Out

Equipment Needed

A tennis ball, teddy or beanbag.



Run and Let Go

Equipment Needed

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



Knock 'Em Down

Equipment Needed

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

