

Throw an object into a target 15 times in a row

Complete 25 **shuttle runs**

Perform 50 **sit ups**

Balance in a plank position as long as possible

Perform 50 **mountain climbers**

Pass a ball around your waist 50 times

Move up and down 200 steps

Play a game of Boccia

Create a short gymnastics sequence

Learn and perform a karate sequence

Play a game of throw tennis

Write and sing a new song

Plan and design a healthy meal

Design a new sports kit

Play a game of charades

Squat the 3, 5 or 9 times table

Find 5 verbs in a book and perform the actions

Research the rules of a new sport

Jump and call out prime numbers

Hop and complete 5 subtractions

Watch a sports event and **write** a review

Tap a ball on a racket 50 times

Balance on both legs for 60 seconds

Jump over a pillow 60 times

Dribble a ball through 3 objects, 10 times

Throw and catch a ball 25 times

Perform an online fitness exercise

Play 10 pin bowling

Paint or draw a sports picture

Play noughts & crosses

Sing a song and perform a **dance**

Create a tower with Lego or blocks

Play musical status or musical chairs

Have a running **race**

Play a board game

Run on the spot for 60 seconds

Jump on the spot 25 times

Perform 25 **squats**

Skip for 60 seconds

Perform 25 **star jumps**

Speed bounce for 60 seconds

Hop for 60 seconds

How to play:

- Each player chooses a colour; red or yellow.
- Players take turns to choose an activity starting from the bottom row. Once they have completed the activity they mark it off with their colour.
- Players can not choose an activity from the row above until the one beneath has been completed.
- Can you be **honest** and complete each activity correctly?
- The first player to get 4 in a row; horizontal, vertical or diagonal is the winner.

