

Jump up and
down in a
space 40
times

Play musical
statues

Ride a bike,
scooter

Balance on a
part of your
body for 60
seconds

Jump or
Move over a
pillow
40 times

Play hide
and seek

Hop, jump
or **stand** on
the spot for
60 seconds

Balance in
a plank
position

Pass a ball
around
your waist
or head 25
times

Balance an
object on
your head

Keep a
balloon in
the air for 60
seconds

Perform 50
star jumps

Complete 20
shuttles
(running, walking
or moving)

Skip or
Move for 2
minutes

Roll a
ball across a
table 10 times

Perform
40 of the
same type of
jumps

Create and
complete an
obstacle
course

Throw or **roll**
an object into
a target 10
times in a row

Dribble a
ball in and out
of objects

Perform
40 squat
jumps / sit
forwards

Throw or **roll**
a ball against
a wall or with a
sibling

Move and
complete 10
laps of your
house or
garden

Perform
40 burpees

Play a new
game with a
sibling,
parent or
carer

Perform 30
push ups

Perform
dance
movements

Perform a
short fitness
workout

Perform 30
sit ups or
lean forwards

Perform a
gymnastics
routine

Invent and
play a new
game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities
on the card



Achieve Silver

Complete a horizontal or
vertical line of activities



Achieve Bronze

Complete one activity
from each line

