

**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 jumps

**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 blue 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

