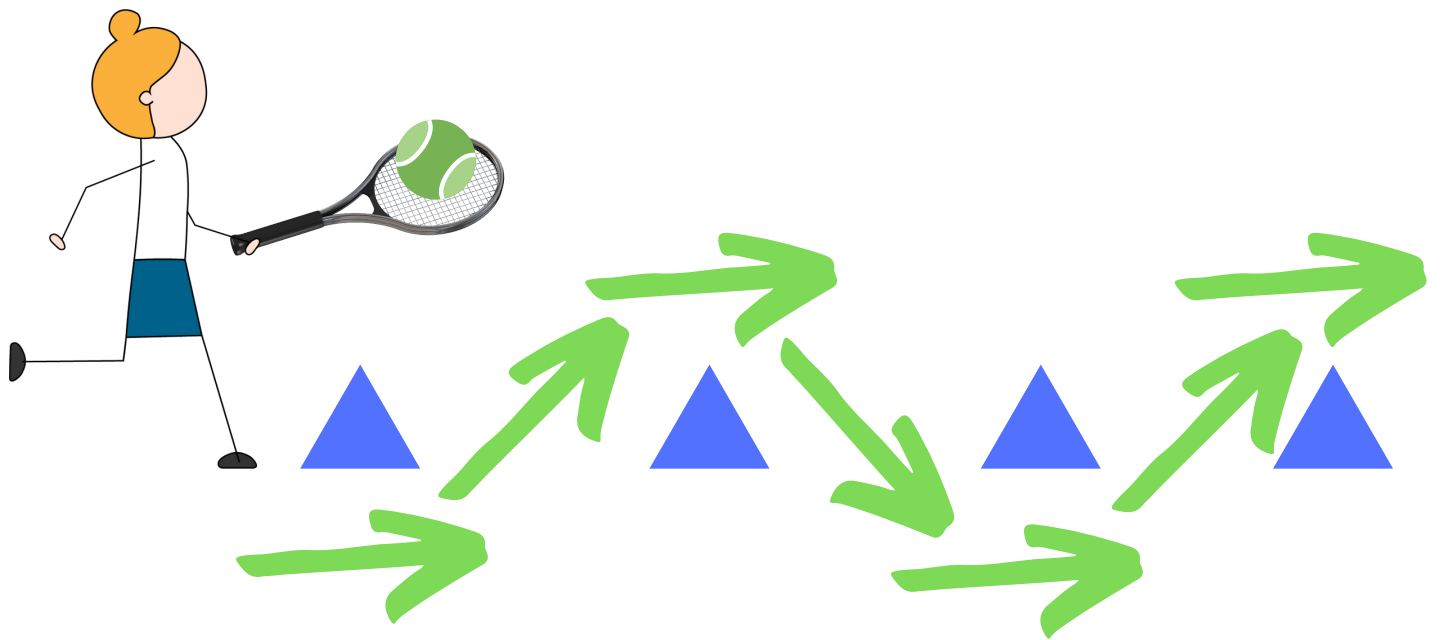


# 3. Tennis Racket Balance



Children must balance a ball or beanbag on their tennis racket and walk/run in and out of the cones. Once they get to the end, they run straight back and pass the racket to the next player! 1 Point for each player that returns back.

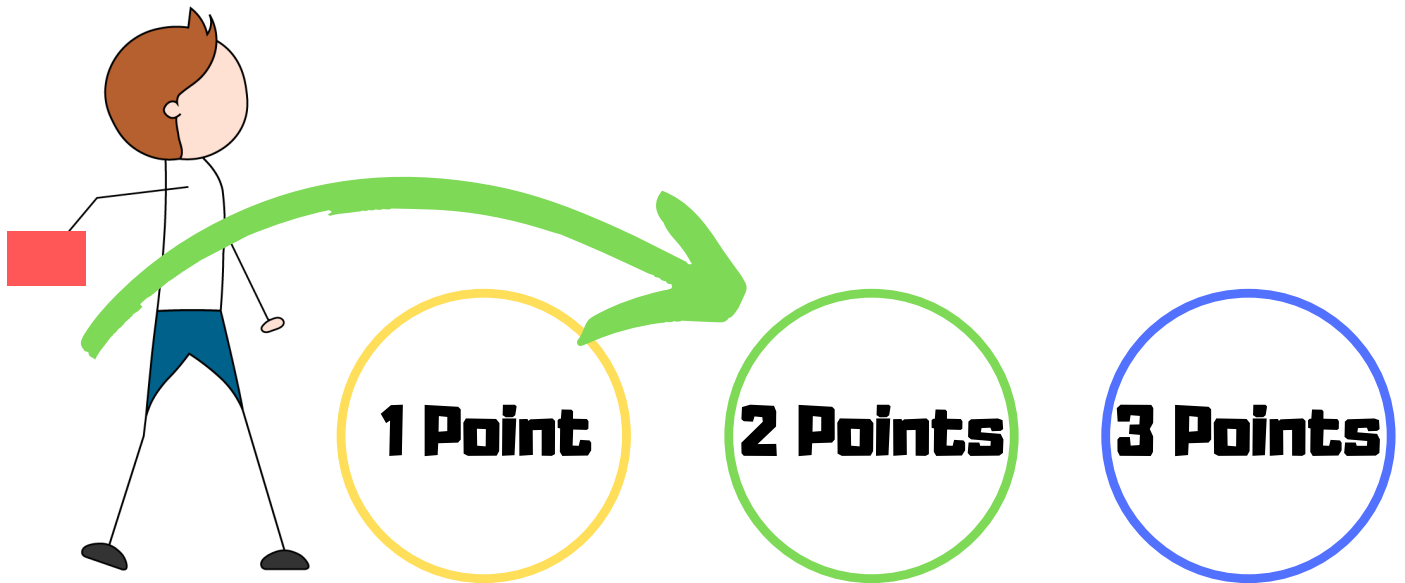
## Easier:

- Use a beanbag and walk

## Harder:

- Use a tennis ball
- Use their other hand
- Try jogging/running

# 1. Beanbag Throw



Children stand on the throwing spot and get 3 beanbags to throw into the hoops. Score their points for them and high five them after their go. Allow them to collect their beanbags and pass them to the next player.

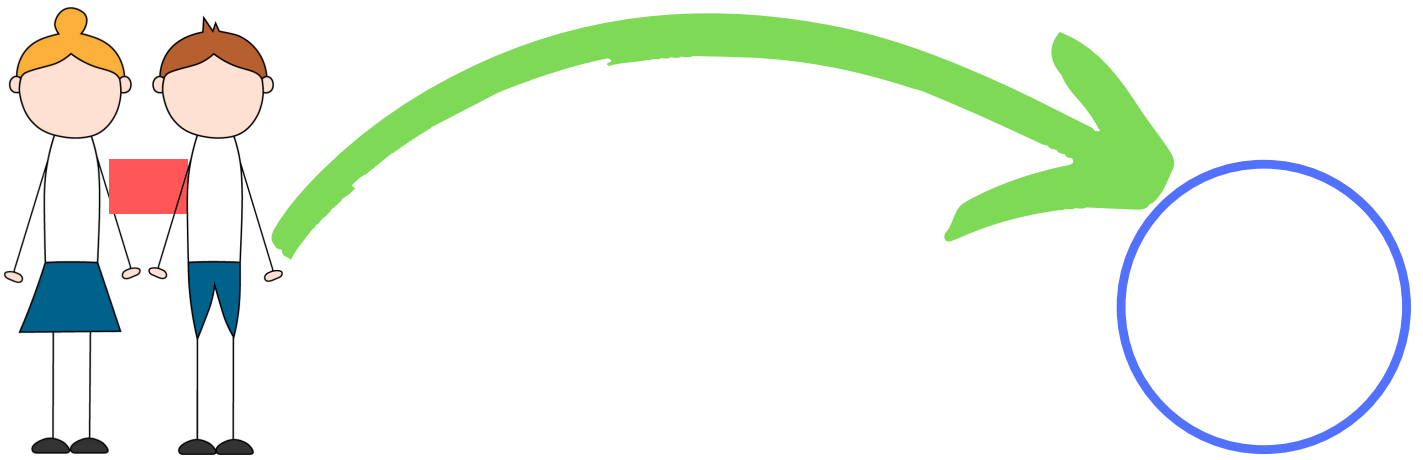
## **Easier:**

- Allow them to stand closer

## **Harder:**

- Can they get one in each hoop?
- Use their other hand

# 5. Object Transfer



Children work in pairs to transfer a variety of objects into a hoop. They must place the object between them (belly to belly, back to back, shoulder to shoulder) and walk it across. Once completed, they should high five and return to the start. Score 1 point for every object transferred.

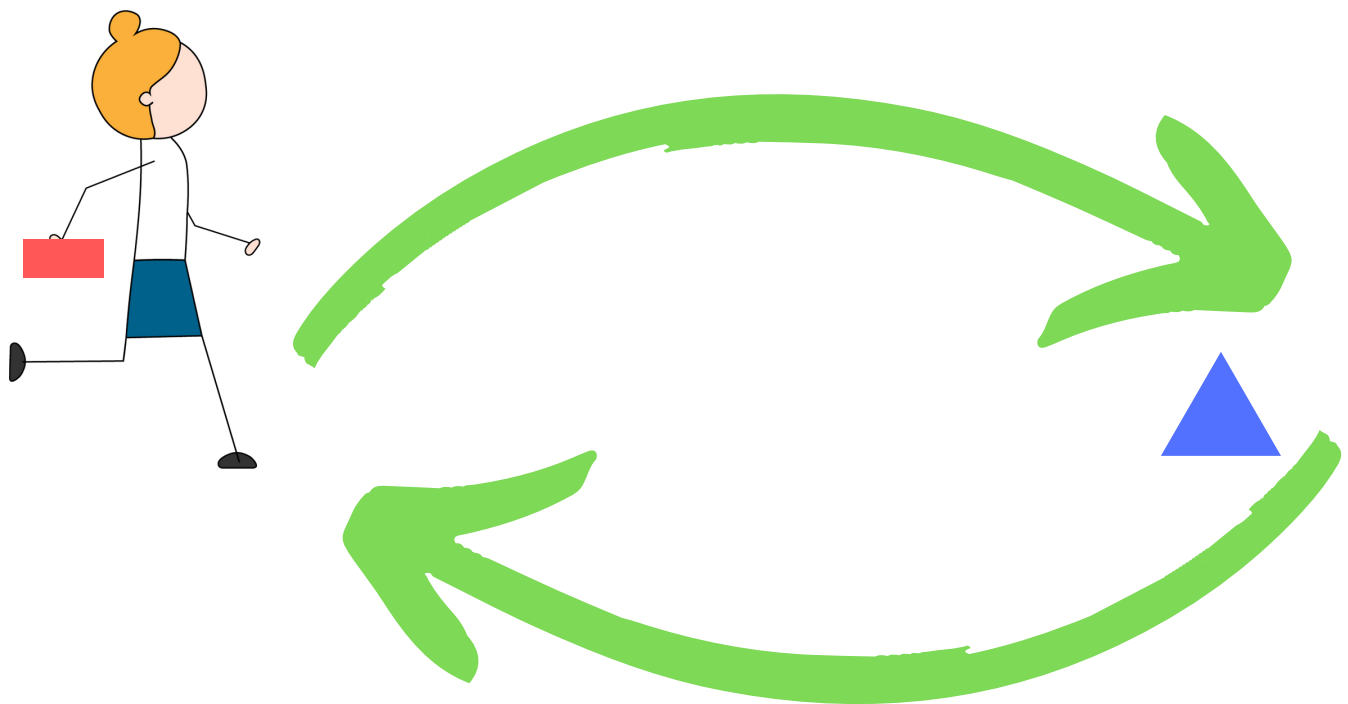
## **Easier:**

- Allow them to use their hands to support

## **Harder:**

- Can they try head to head or hip to hip?

# 4. Running Relay



Children sprint as fast as they can around the cone and back to their team, passing the baton as they do so. A point is scored for each complete lap of the cone.

**Easier:**

**Harder:**

## 2. Speed Bounce



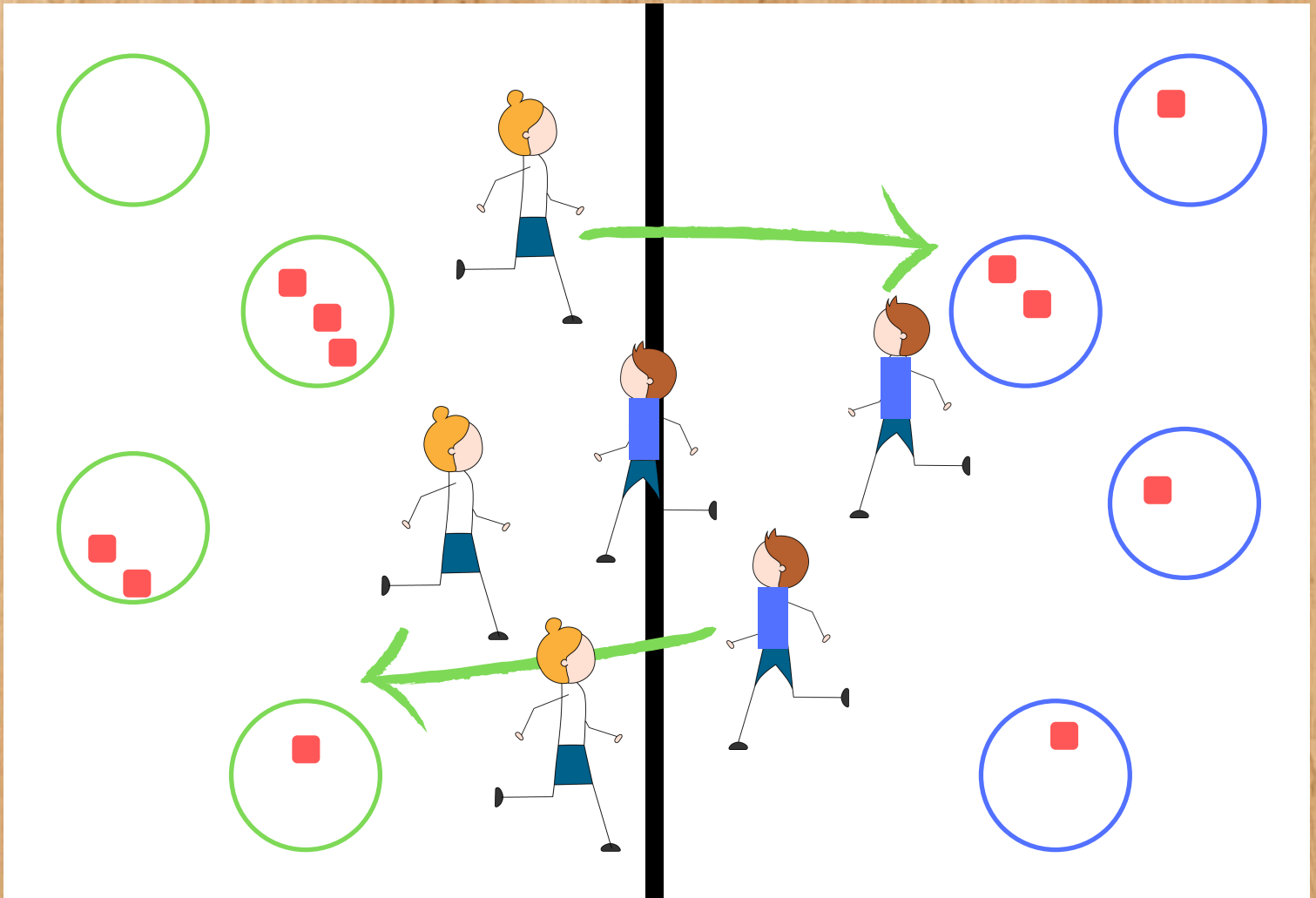
Children jump back and forth over the centre of the speed bounce mat. Once they have completed 10 jumps, they tag in a team mate by high fiving them. One point is scored for every 10 bounces.

### Easier:

- Children can step over instead of jump.

### Harder:

# 6. Fill your room



Children are split into 2 small teams (4v4 or 4v3). Each team races to steal beanbags from the other teams hoops and place them back into their own hoops. Only one beanbag may be taken at a time. Beanbags must be placed into hoops and not thrown. The team with the most beanbags at the end wins.

**Easier:**

**Harder:**

- Children could balance beanbags on their head after collecting them