



FIZZY FUN

TASK 1 – Jump along the floor, keeping both feet together and your knees bent.

TASK 2 – Star jumps – from a standing position, jump into star shapes.

TASK 3 – Jumping Jacks – Jump from a crouched position up into a star position.

TASK 4 – Jumping keeping both feet together jump forwards, backwards and sideways in a given sequence.

TASK 5 – Hop on either leg.

TASK 6 – Balance on one leg. How long can you balance for? What is your record (in seconds)? Swap over to your other leg.

TASK 7 – Walk along a line or in a line heel to toe, as straight as possible. Can you keep your feet on the line? Try it with your eyes closed or wear a blindfold. NO PEEPING.

TASK 8 – Log Rolling – Lie down with your arms stretched above your head. Roll over to the right then back again to the left, in a straight line. Try it again holding a ball.