

Do as many kick ups as you can in 30 seconds.



Throw a ball into a basketball net 5 times or throw at a target.



Kick a ball to your friend 10 times.



Bat a ball to a friend 10 times. Try and do it without the ball bouncing.



Throw a ball to your friend 5 / 10 / 15 times.



Score a goal 5 times without the ball bouncing.



Do as many hops as you can in 15s / 30s / 1 minute.



Do as many skips as you can with a rope in 15 seconds.



Jump over an obstacle 10 times.  
(an obstacle could be a rope.)

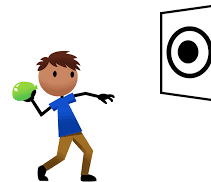


Roll a ball to a friend 10 times each.



Knock down 5 targets with a beanbag.

(Beanbags could be rolled up socks and targets could be plant pots.)



Run between cones 5 times.

(cones could be sticks, cans or teddies.)

