

Throw/Roll
an object into
a target 15
times in a
row

Complete
25 **shuttle**
runs

Perform
50 **sit ups**

Balance in
a plank
position as
long as
possible

Perform 50
mountain
climbers

Pass a ball
around
your waist
50 times

Move up
and down
200 steps

Play a
game of
Boccia

Create
a short
gymnastics
sequence

Learn
a karate
sequence

Play
a game
of throw
tennis

Write and
perform a
sports
anthem

Plan and
make a
healthy
meal

Design
a new
sports kit

Play a
game of
charades

Squat the
3, 5 or 9
times
table

Find
5 verbs in a
book and
perform the
actions

Research
the rules of
a new
sport

Jump and
call out
prime
numbers

**Hop / Lift
Knee** and
complete 5
subtractions

Watch a
sports event
and **write**
a review

Tap a ball
on a
racket 50
times

Balance
on both
legs for 60
seconds

Jump
over a
pillow 60
times

Dribble a
ball through
3 objects,
10 times

Throw
and catch
a ball 25
times

Perform
an online
fitness
exercise

Play
10 pin
bowling

Paint or
draw a
sports
picture

Play
active
noughts &
crosses

Research
and
perform
the Haka

Create a
tower with
Lego or
blocks

Play
musical
statues or
musical
chairs

Have a
running
race

Build
a den

Run/Move
on the
spot for 60
seconds

Jump on
the spot
25 times

Perform
25 **squats**

Skip
for 60
seconds

Perform
25 **star**
jumps

Speed
bounce
for 60
seconds

**Hop /
Lift Knee**
for 60
seconds

How to play:

- Each player chooses a colour; red or yellow.
- Players take turns to choose an activity starting from the bottom row. Once they have completed the activity they mark it off with their colour.
- Players can not choose an activity from the row above until the one beneath has been completed.
- Can you be **honest** and complete each activity correctly?
- The first player to get 4 in a row; horizontal, vertical or diagonal is the winner.

