

Active

Connect 4

Rules

- Two player game
- First player to complete 4 activities in a row wins
- Use a pencil or marker to tick the activity once player has completed it
- Player has to complete activity before moving to next activity

Jump on the spot 50 times

Perform a safe forward roll

Perform a counter balance with the person you are playing against

Complete 20 shuttle runs

Can you think of 3 different ways to perform a pike shape?

Hold a seated balance for 30 seconds. No hands or feet on the floor

Keep a balloon in the air while also balancing equipment on your head

Hop on the spot for 60 seconds

Dribble a ball with your feet in and out of objects

Can you think of 3 different ways to perform a tuck shape?

Perform a safe egg roll

Perform 30 push ups

Can you think of 3 different ways to perform a star shape?

Standing with legs slightly apart, hold a ball out in front of you. Can you throw it backwards over your head and catch it behind you?

Hopscotch for 60 seconds

Balance in a plank position for 60 seconds

Roll a ball out in front of you and stop it with your bum

Can you think of and perform 3 different ways to perform a straight shape?

Balance on one leg and close your eyes for 20 seconds

Perform a safe pencil roll

Roll a ball out in front of you and stop it while holding a balance

Dribble a ball with your hands in and out of objects

How many kick ups can you do with a toilet roll in 30 seconds?

Write down on a piece of paper all 20 teams that play in the premiership in 1 minute

Keep a balloon in the air for 60 seconds using head only

Skip for 2 minutes

Perform a balance using one hand and one foot

Perform 3 different types of jumps

Draw and design a new football in 20 seconds

Jumping side to side, how many jumps can you do in 30 seconds?

Perform a one foot to two feet jump

Standing up, can you make a figure of eight around your legs with a piece of equipment 10 times?

Jump forwards and backwards over a pillow 30 times

Keep a balloon in the air for 60 seconds

Holding a ball high out in front of you, can you drop it and catch it without it bouncing?

In a seated position, can you roll a ball around your body? Ball must stay connected to the floor

Throw or roll a soft ball against a wall and catch it 10 times

Pass a ball around your waist 25 times

Balance an object on your head for 30 seconds

Perform 40 squat jumps

Throw an object into a target 10 times in a row

How many toilet rolls can you balance on your body?

Perform 40 star jumps

Balance on 1 leg for 60 seconds

Perform 30 sit ups

Jump side to side over a pillow 40 times

Perform a two feet to one foot jump

Create and perform a 2 minute dance routine

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