



MOVEMENT CHALLENGE



Try each movement and tick the box when you complete it!

1 HOP

Hop on one foot 10 times!



2 JUMP

Jump up and down 10 times!



3 SKIP

Skip around in a space 10 times!



4 BALANCE

Balance on one foot for 10 seconds!



5 STRETCH

Stretch your arms and body high!



6 THROW

Throw a ball or beanbag 5 times!



7 CATCH

Catch a ball or beanbag 5 times!



8 CRAB WALK

Crab walk backwards for 5 steps!



Great job!

Moving your body helps you grow strong, feel happy and have lots of energy!

