



2

Balance a
Teddy on your
head for 20 seconds

3

Run to the top
of the stairs and back

4

Balance on your
left leg for 20 seconds



5

Hold a
3 point balance
for 20 seconds

6

High
knees running on
the spot for 20 seconds



7

Hop on your
right leg for 20 seconds

8

10 Star Jumps



1

10
throw and catch
passes with a partner

