

move move



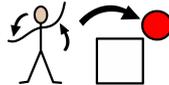
play



hide and seek



balance



move-over



dribble



dance



try



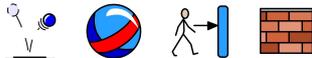
new sports



squat



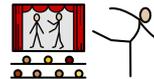
or sit-forward



bounce ball towards wall



throw or kick at target



perform-gymnastics

### How to play:

- Once you complete a physical activity tick it off.
- If you are finding some of the activities hard, change them or have a rest and then continue.
- If you are finding the activities easier why not challenge yourself and think of ways to make them harder.
- When performing the activities make sure that you always try your hardest and have fun.

### Achieve Gold

Complete all the activities on the card



### Achieve Silver

Complete a horizontal or vertical line of activities



### Achieve Bronze

Complete three activities from the card

