



SCHOOL GAMES



1

10 throw and catch passes with a partner

2

20 star jumps



8

High knees running on the spot for 20 seconds

Run to the top of the stairs and back

3

7

Hold a 3 point balance for 20 seconds

Hop on your right leg for 20 seconds

Balance a teddy on your head for 20 seconds

Balance on your left leg for 20 seconds

4



6

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5

