

Physical Activity

Challenge Cards



Physical Activity

Challenge Cards



Physical Activity

Challenge Cards

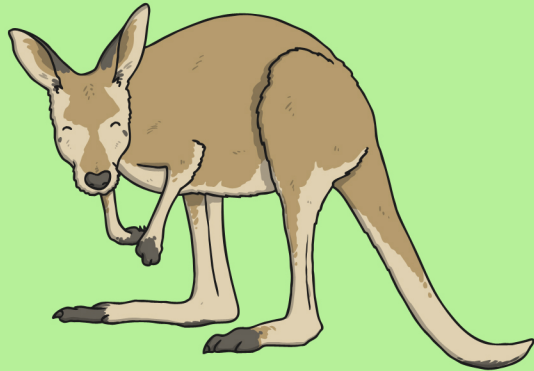


Physical Activity

Challenge Cards

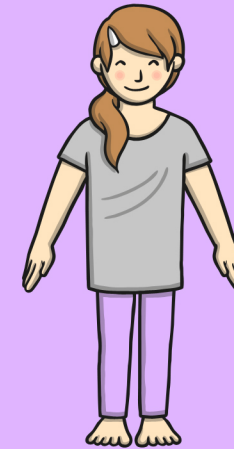


Stretch your left hand high, then touch your right foot. Now stretch your right hand high, then touch your left foot. Repeat as many times as you can in 1 minute.



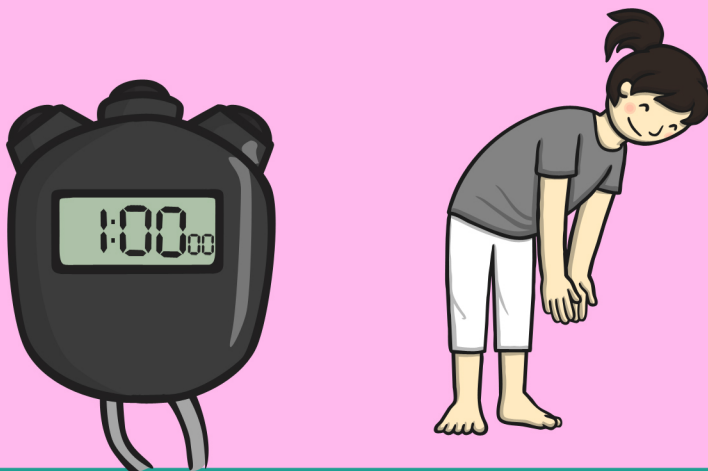
twinkl.co.uk

Do sit ups for 1 minute.



twinkl.co.uk

Jump up and down on all fours, like a frog.



twinkl.co.uk

Hold your arms out straight in front of you. Move them so that your hands trace a circle in the air. Do this for 1 minute.



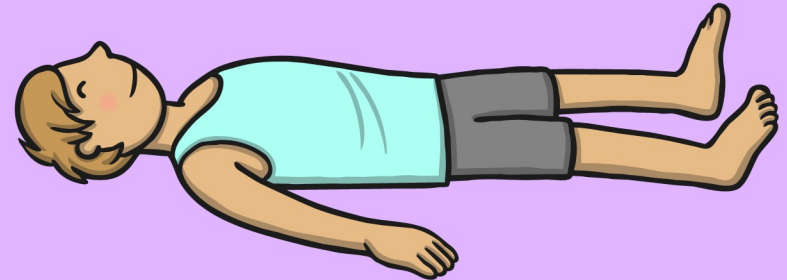
twinkl.co.uk

Stretch your left hand high, then touch your right foot. Now stretch your right hand high, then touch your left foot. Repeat as many times as you can in 1 minute.



twinkl.co.uk

Do sit ups for 1 minute.



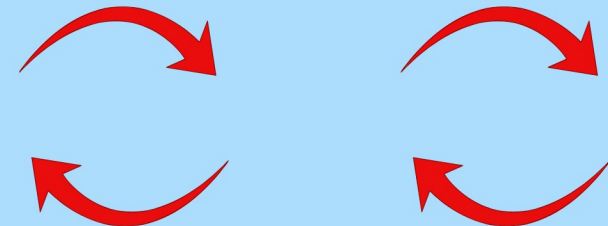
twinkl.co.uk

Jump up and down on all fours, like a frog.



twinkl.co.uk

Hold your arms out straight in front of you. Move them so that your hands trace a circle in the air. Do this for 1 minute.



twinkl.co.uk

Hop up and down on your left foot for 1 minute.



twinkl.co.uk

Hop up and down on your right foot for 1 minute.



twinkl.co.uk

Shake your arms and
legs for 1 minute.



twinkl.co.uk

twinkl.co.uk