

## Throw and Catch!

- You will need:** A safe space and a small ball
- How to play:** How many times can you throw and catch to your partner?
- Challenge!** Can you move further apart?  
Can you throw between two markers (like a gate?)  
How long does it take you to do 10 throws? Can you beat this?

## One Bounce Catch!

- You will need:** A safe space, a partner or wall and a ball
- How to play:** How many times can you throw and catch to your partner, or against the wall, letting the ball bounce just once?
- Challenge!** Can you move further away?  
Can you get the ball to bounce on a target?  
How many can you do in one minute? Can you beat this?

## Speed Bounce!

- You will need:** A safe space and a line on the floor (you could use a skipping rope)
- How to play:** How many times can you jump from two feet to two feet over the line in 30 seconds?
- Challenge!** Can you beat it?  
Can you jump along the line, from one end to the other?  
Can you hop over the line? How many can you do?

## Bubble Pop!

**You will need:** A safe space, bubbles and a bubble wand.

**How to play:** Take it in turns to try and pop as many bubbles as you can.

Can you use **one hand** to pop them?

Can you use **two hands** to try and catch them?

**Challenge!** How many bubbles can you catch in 30 seconds?

Try jumping instead of running to catch the bubbles

## Balloon Volley

**You will need:** A safe space, two markers and two balloons

**How to play:** Each player has a balloon. Use both hands to keep the balloon above your head. Can you walk/jog/run/skip from one cone to the other?

**Challenge!** Can you swop balloons with the other player - use your hands to push the balloons in the air to each other.

## Splat and Go!

**You will need:** A safe space and a timer

**How to play:** Start by lying on your tummy on the floor. On 'go' get up and jump in the air, with your arms above your head and then return to the 'splat' position. How many can you do in 1 minute?

**Challenge!** Can you beat your partner? Try calling out 'splat' when you are on the floor and 'go' when you jump!

## Fast Feet!

- You will need:** A safe space and a timer
- How to play:** Run as fast as you can on the spot for 30 seconds. Use your arms to help you balance
- Challenge!** Can you now do it for a minute? If you have a partner, take it in turns to do 30 seconds each (a bit like a relay) Can you do this 6 times?

## Roll Away!

- You will need:** A safe space (flat surface) and a ball
- How to play:** Roll the ball in a straight line away from you. When your partner shouts 'go' chase after it, pick it up and run with it back to the start. Take it in turns.
- Challenge!** See how far you can get the ball to roll away. How long does it take you to collect and it and bring it back?

## Jump Around!

- You will need:** A partner and a safe space
- How to play:** One player is the jumper and the other is the 'caller'. Using two footed jumps only, respond to the direction called by your partner. They can tell you to jump: forward, backward, sideways, high, low and diagonal.
- Challenge!** How fast can you jump - stay in control!