

Activity & Equipment	Aim of the challenge	MON	TUE	WED	THUR	FRI
<p>FROG JUMPS</p> <p>Timer</p>	<p>Crouch down like a frog and jump around the room. Set a timer and complete the movement for 45 seconds. How many jumps can you do in the allocated time?</p> <p>Challenge: Can you jump higher each time?</p>	NO. OF HOPS				
<p>BEAR CRAWLS</p> <p>Timer</p>	<p>Have your hands and feet on the floor, hips high. Crawl 4 paces forward and 4 paces back (this is 1 crawl). Set a timer and complete the movement for 45 seconds. How many crawls can you do in the allocated time?</p> <p>Challenge: Whilst doing your Bear crawls, can you create different shapes by moving in different directions?</p>	NO. OF CRAWLS				
<p>STAR FISH JUMPS</p> <p>Timer</p>	<p>Jump like a Star Fish (Star Jumps). Stand with your arms by your side, then as you jump, move your with your arms and legs out to the side and back before you land. Do this as fast as you can for 45 seconds. How many jumps can you do in the allocated time?</p> <p>Challenge: Can you turn in the air so you are facing the other way?</p>	NO. OF JUMPS				
<p>CHEETAH SPRINT</p> <p>Timer</p>	<p>Run on the spot as FAST as you can! Use your arms to help you. How long can you sprint for?</p> <p>Challenge: Try and beat your previous time</p>	NO. OF SECONDS				
<p>CRAB SHUFFLE</p> <p>Timer</p>	<p>Sit on the floor. Your feet should be out in front (touching the floor) and your palms flat on the floor behind your hips. Lift up off the ground and move sideways for 4 steps then move back (this is 1 shuffle). How many shuffles can you do in 45 seconds?</p> <p>Challenge: Can you move in different directions around the room?</p>	NO. OF SHUFFLES				