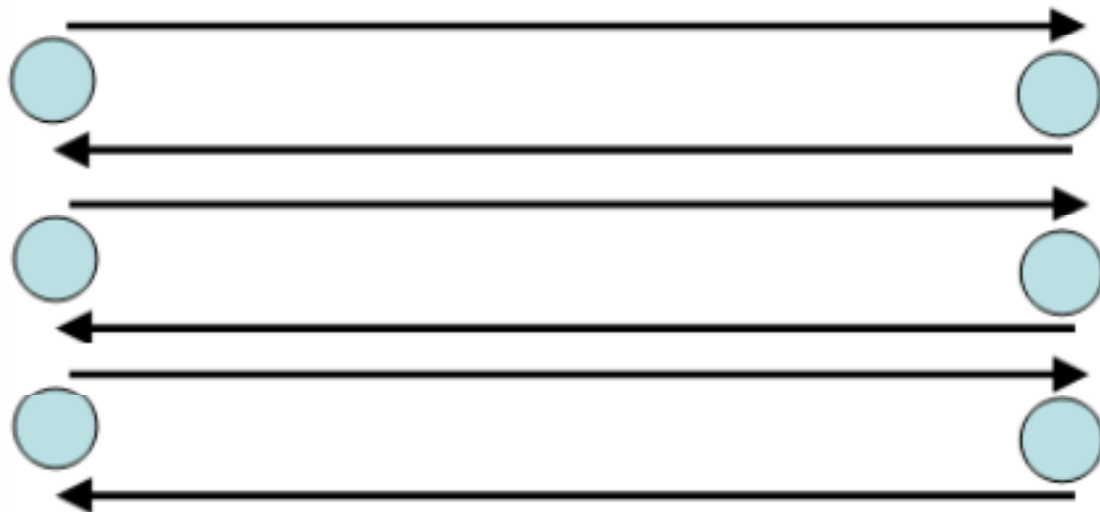


# Shuttle Runs



**Equipment = 6 Cones**

**Run from one cone to the next cone and back again. This counts as one lap! Count how many laps you do.**

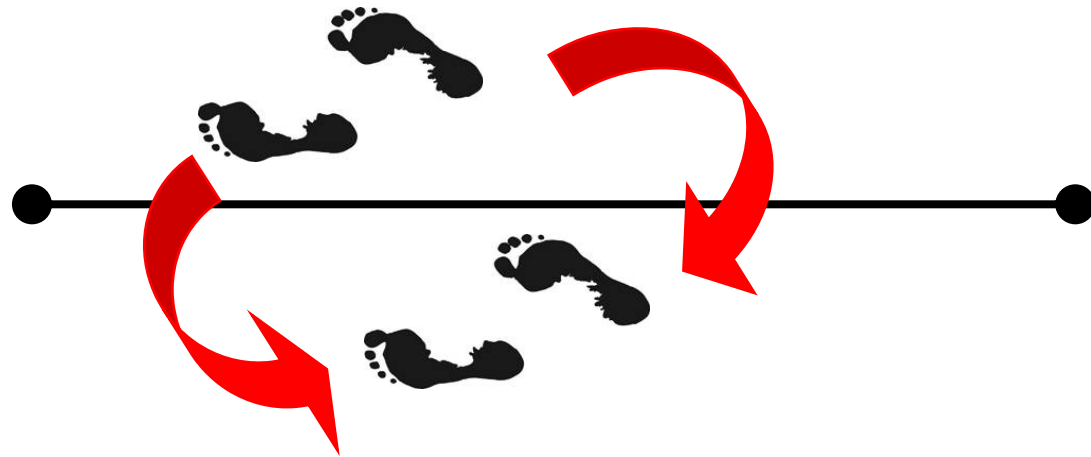


# Line Jumps



**Equipment = 2 skipping Ropes laid on the floor.**

**Jump across the line and back again.  
Count how many you can do!**



# Bench Dip

**Equipment = One Bench**

**Sit on the floor, with back to the bench.  
put your arms on the bench and lift  
yourself off the floor.**



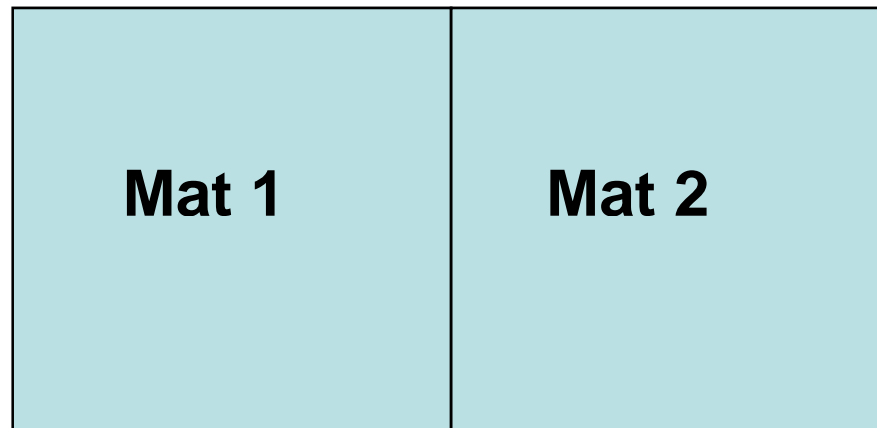
# Spotty Dogs



**Equipment = 2 Mats**

**Move arms and legs in opposite directions to each other.**

**Count how many you complete!**



# Bean Bag Hold

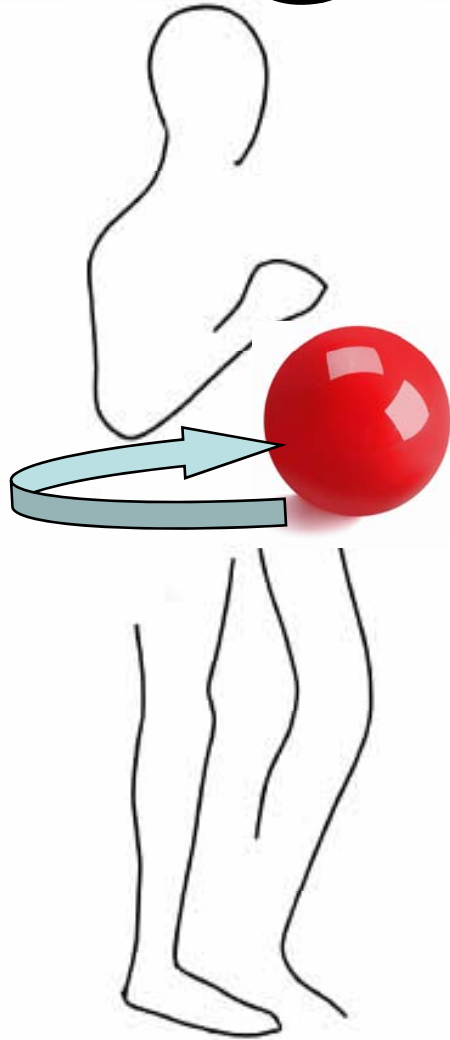


**Equipment = 6 Bean Bags, 1 Timer**

**Stand with legs apart. Hold bean bags in hands with arms out. Time how long you can do it for!**

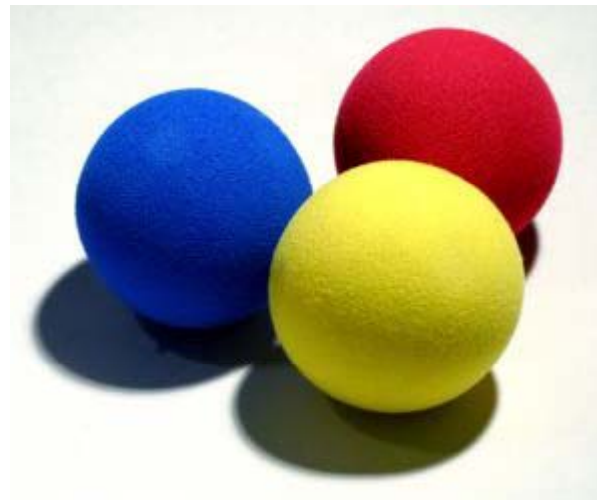


# Roll A' Ball



**Equipment = 6 footballs or netballs**

**Stand with legs apart. Move the ball around your waist moving your hips at the same time. Count how many times you do this.**

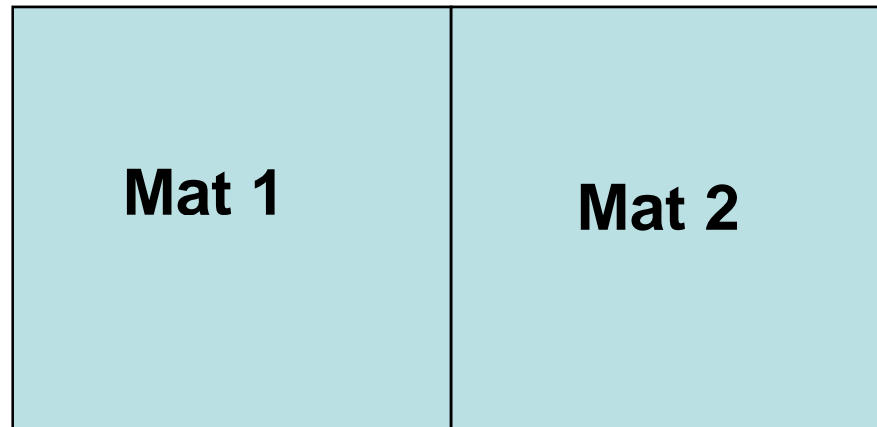


# Star Jumps

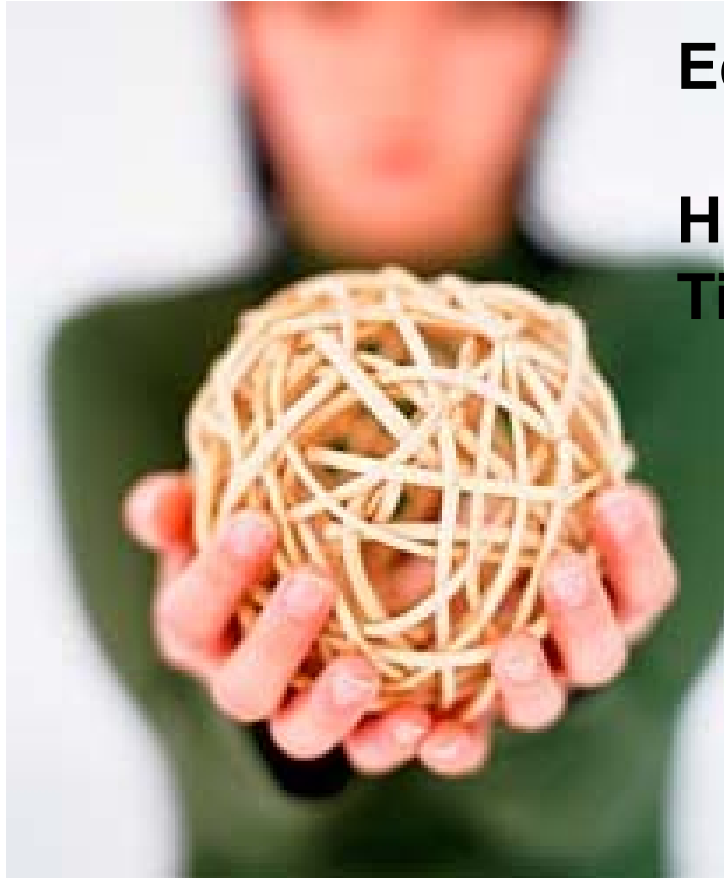
**Equipment = 2 Mats**



**Jump on the mat making a star shape with your body. Count how many you can do.**



# Football Hold



**Equipment = 6 footballs or netballs.**

**Hold the ball out in front of you.**

**Time how long you can hold it for!**





# My Results!

Name: \_\_\_\_\_

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shuttle Runs						
Roll a Ball						
Start Jumps						
Bean Bag Hold						
Line Jumps						
Bench Dip						