

Connect 4

Jump on the spot x 30	Perform a pencil roll	Perform 30 squats	Hold a seat balance for 30 secs	Perform 30 star jumps	Hopscotch for 60 secs	Pass an object around your head x 30
Design and draw a new sports kit in 60 secs	Run on spot with high knees for 30 secs	60 secs to flip a bottle. Toss up in front of you	Stand on 1 leg and shut your eyes for 30 secs	Walk up and down a step x 30	Perform 3 different jumps	Run and touch every door in your house/flat
Hop on right leg for 30 secs	Throw a ball against a wall x 30	Balance an object on your head for 60 secs	Perform a safe forward roll on a cushion	Jump side to side for 30 secs	Keep an object in the air for 30 secs	Skip for 60 secs with or without a rope
Dribble a ball with your hand in and out of objects	Roll a ball out in front of you. Stop it with your bum!	Write on paper in 60 secs football teams in Premiership	Pass an object around your waist 30 times	Perform a figure of 8 around your legs with an object	How many kick ups can you do with a toilet roll?	Dribble a ball with your foot in and out of objects
Run /count the number of chairs in house/flat	Perform a plank for 60 secs	Run on the spot for 60 secs	Perform sit ups for 60 secs	Balance on 1 foot and 1 hand	Write on paper in 60 secs women sports stars	Perform 30 press ups
Do 30 arm circles with both arms	Perform hip circles for 60 secs	Perform a 60 sec dance routine	Touch your toes and jump up x30	Hop on left leg for 30 secs	Perform 30 squat jumps	Jump over 3 cushions X 30 secs

- This is a 2 player game.
- The first player to complete 4 activities in a row wins.
- The player has to complete the activity before moving to the next activity.
- Draw a grid like the one below on paper to mark off where you have been.

[illegible]