

Move like a
rabbit.

Move like a
crab.

Move like a
horse.

Move like a
penguin.

Move like a
snake.

Move like a
bear.

Move like a
bird.

Move like a
jellyfish.

Touch a wall with
your elbow.

Touch a wall with
your ear.

Touch a wall with
your shoulder.

Touch a wall with
your thumb.

Touch a wall with
your knees.

Touch a wall with
your toes.

Touch a wall with
your back.

Touch a wall with
your wrists.

Balance on tiptoes
with your eyes shut.

Balance on your
fingers and toes.

Balance on your
knees.

Balance on your
heels.

Balance on your back
(without anything else
touching the floor).

Balance on one
hand and one foot.

Balance on two hands
and one other body
part that is not a foot.

Balance on one leg
and lift your other leg
as high as you can.

<p>Move across the room while balancing an object on your front (stomach).</p>	<p>Stay still and balance an object on your legs or feet.</p>
<p>Move across the room while balancing an object on your head.</p>	<p>Move across the room while balancing an object on your back.</p>
<p>Move across the room while balancing an object on your elbow.</p>	<p>Move across the room while balancing an object on the back of your hand(s).</p>
<p>Move across the room while balancing an object on a spoon.</p>	<p>Move across the room while balancing two objects at the same time. (On any parts of your body but you may not hold onto them).</p>

<p>On the spot, do ten Jumping Jacks.</p>	<p>On the spot, jump as high as you can ten times.</p>
<p>On the spot, do ten frog jumps (from a crouch, on your hands and feet).</p>	<p>On the spot, run as fast as you can for ten seconds.</p>
<p>On the spot, hop on one leg ten times.</p>	<p>On the spot, do ten Opposite Jacks. (Put one arm forward, step forward with the opposite leg, put the other arm back, then jump and swap everything!)</p>
<p>On the spot, do ten 'high-knees'. (run on the spot and lift your knees up in front as high as you can).</p>	<p>On the spot, do ten 'bum-kicks'. (run on the spot and kick your feet up behind you).</p>

Act out this sport:

Swimming

Act out this sport:

Horse-riding

Act out this sport:

Ice-skating

Act out this sport:

Basketball

Act out this sport:

Football

Act out this sport:

Cycling

Act out this sport:

Surfing

Act out this sport:

Tennis

Active Dice Game

1	2
3	4
5	6

On your turn:

1. Roll the dice.
2. Look for the pack of cards that matches the number.
3. Choose a card of that colour.
4. Do the action it says on the card.