

## Foundation Stage Fitness Challenge

Can you complete the 6-step challenge daily?

1. Can you do 20 Jumping Jacks? (star jumps)
2. Can you do 10 Scissor Jumps? (place one leg in front of the other and jump switching legs)
3. Can you do 5 Rocket Jump? (Squat down to touch the ground, then jump up reaching into the air, like a rocket launching into space!)
4. Can you hop on one leg for 15 seconds? (now try hopping on your other leg for 15 seconds)
5. Can you stand on one leg for 30 seconds without falling? (then try standing on the other leg for 30 seconds)
6. Can you throw and catch 10 times? (make sure you throw above your head, use a pair of socks rolled together if you haven't got a soft ball)

I wonder if you will challenge yourself each day  
and possibly try to do more!

Good Luck