



EQUIPMENT:

Balls, beans bags

Pack of cards (or pieces of paper with different numbers on)

Any rackets, hockey sticks (if you have any, can be done without)

PREPARATION:

Split the groups up and spread them out across the area you have available

Spread the cards out (face down) in the centre of the groups

Can be played as individuals or small groups (depending on numbers & space)

ACTIVITY:

Teacher and group to decide on a specific movement (star jumps, or throwing a ball up and catching)

Each number on a card relates to the amount of times the player has to perform the movement

On the teachers command, one member of each group runs, picks a card up, brings it back and performs the action as many times as the card states

Next person goes once the number of movements have been completed

Team with most cards at the end wins

ADAPTATIONS:

Change the types of movements (run in, jump in etc)

Change the actions (star jumps, juggle a ball, bounce a ball on a racket)

Ask the children to come up with actions that they can complete

Let us know how you get on with this challenge @citctweets

