



## EY - Physical Development Challenge

<p>How long does it take for you to run around your garden 3 times?</p>	<p>Can you hop 10 times on your left leg? Then repeat on your right. If not, have a go at skipping around your garden.</p>	<p>Can you chalk out a hopscotch grid on your drive and play with your family. Who won?</p>
<p>Find a straight line (pretend it's a tightrope) and try to walk along it balancing with your arms out to the side to help. Did you manage not to "fall off"?</p>	<p>Race your mummy or daddy in the garden. Who won?</p>	<p>Can you do 15 star jumps? If you can, try 20.</p>
<p>Go for a walk/jog around your local area with your family.</p>	<p>Go for a bike ride one day and the next see if you could do 2 laps of the route.</p>	<p>Make an assault course in your garden and see how long it takes you to complete a lap. Challenge your family - who can do it the fastest?</p>

*Colour in the activities you managed to do. Did you complete them all?*