

#Together

# CONNECT FOUR

● Take turns to choose an activity starting on the bottom row. Once you've completed it, mark it off in your colour.

● The first player to complete four activities in a row is the winner – these can be vertical, horizontal or diagonal.



**THROW/ROLL** an object into a target 15 times in a row

Complete 25 **SHUTTLE RUNS**

Perform 50 **SIT UPS**

**BALANCE** in a plank position as long as possible

**PERFORM** 50 mountain climbers

**PASS** a ball around your waist 50 times

**MOVE** up and down 200 steps

**PLAY** a game of Boccia

**CREATE** a short gymnastics sequence

**LEARN** a karate sequence

**PLAY** a game of throw tennis

**WRITE** and perform a sports anthem

**PLAN** and make a healthy meal

**DESIGN** a new sports kit

**PLAY** a game of charades

**SQUAT** the 3, 5 or 9 timestable

**FIND** 5 verbs in a book and perform the actions

**RESEARCH** the rules of a new sport

**JUMP** and call out prime numbers

**HOP / LIFT KNEE** and complete 5 subtractions

**WATCH** a sport event and **WRITE** a review

**TAP** a ball on a racket 50 times

**BALANCE** on both legs for 60 seconds

**JUMP** over a pillow 60 times

**DRIBBLE** a ball through 3 objects, 10 times

**THROW** and catch a ball 25 times

**PERFORM** an online fitness exercise

**PLAY** 10 pin bowling

**PAINT** or draw a sports picture

**PLAY** active noughts and crosses

**RESEARCH** and perform the Haka

**CREATE** a tower with Lego or blocks

**PLAY** musical statues or musical chairs

Have a running **RACE**

**BUILD** a den

**RUN / MOVE** on the spot for 60 seconds

**JUMP** on the spot 25 times

Perform 25 **SQUATS**

**SKIP** for 60 seconds

Perform 25 **STAR JUMPS**

**SPEED BOUNCE** for 60 seconds

**HOP / LIFT KNEE** for 60 seconds