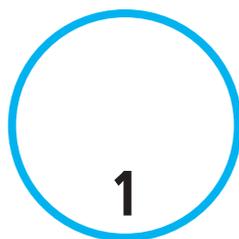
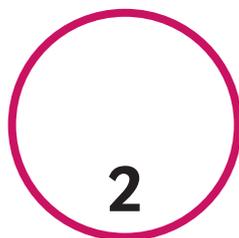
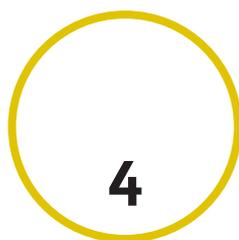


Beanbag Throw

You have 4 beanbags to throw. Aim for any hoop.
Each beanbag inside a hoop scores the points
shown below.



START

Hurdles

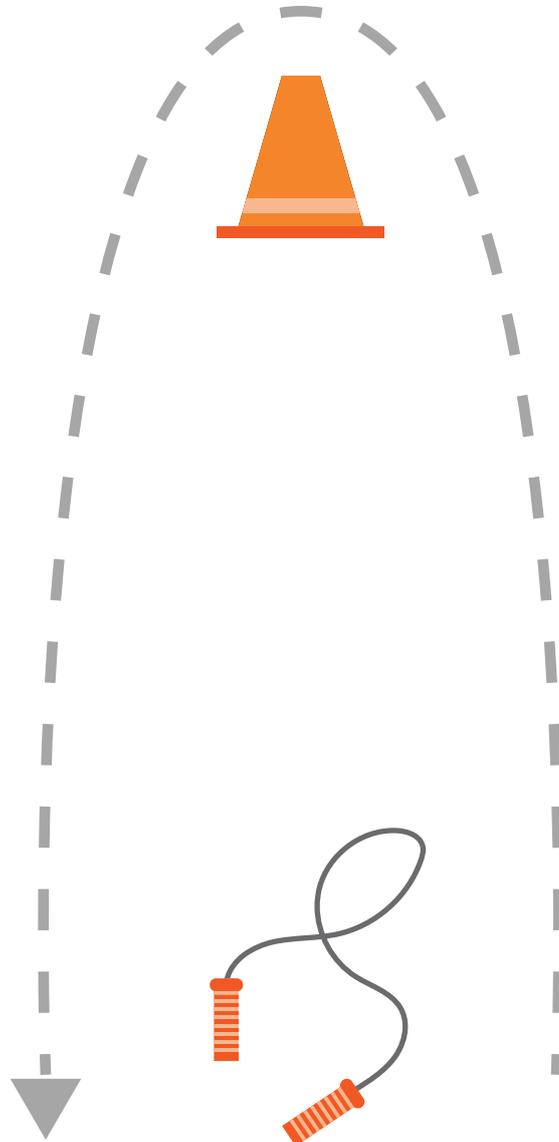
Run over the hurdles, around the cone and back over the hurdles.



START

Skipping

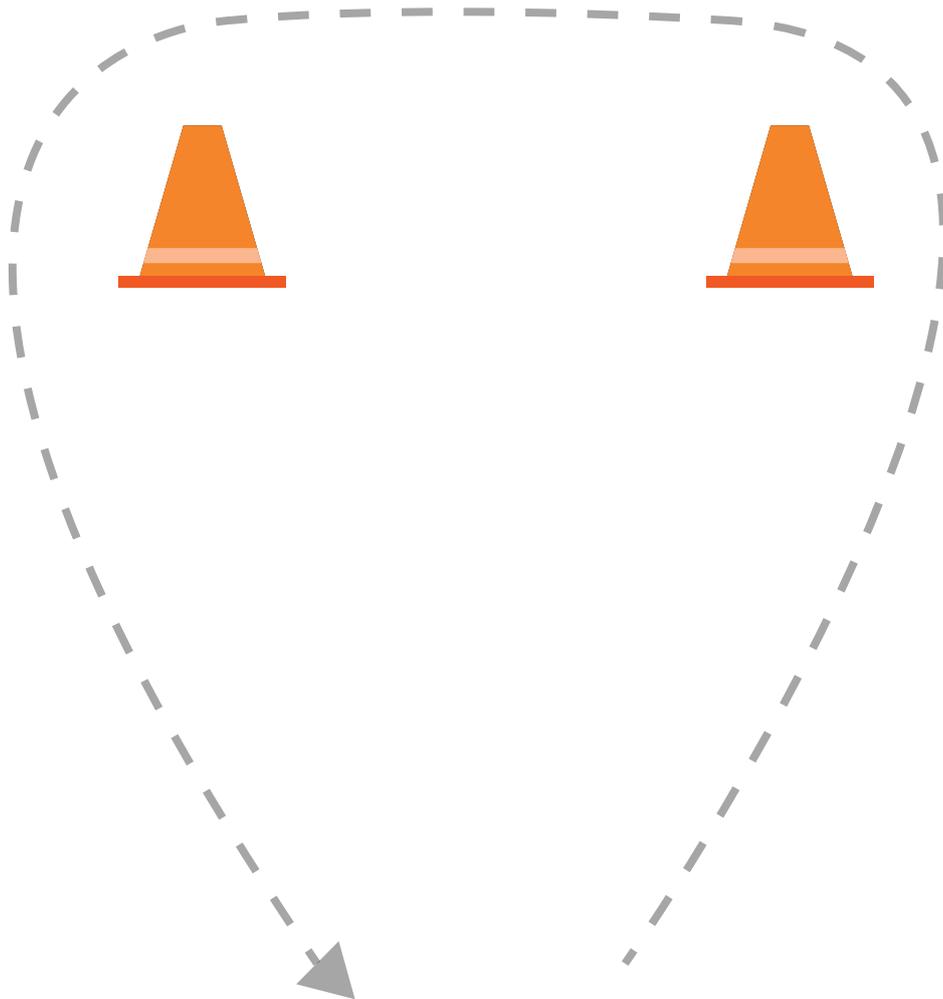
Skip around the cone and back again.



START

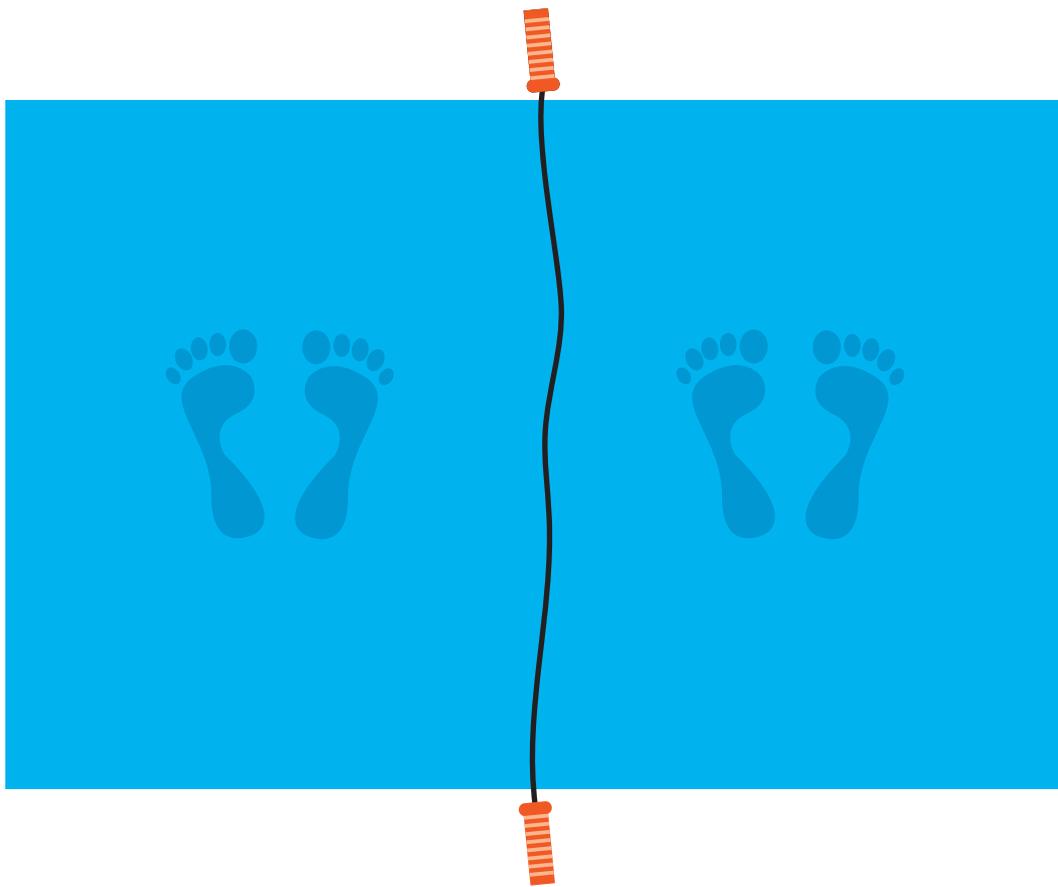
Run

Run around both cones and back again.



Side Jump

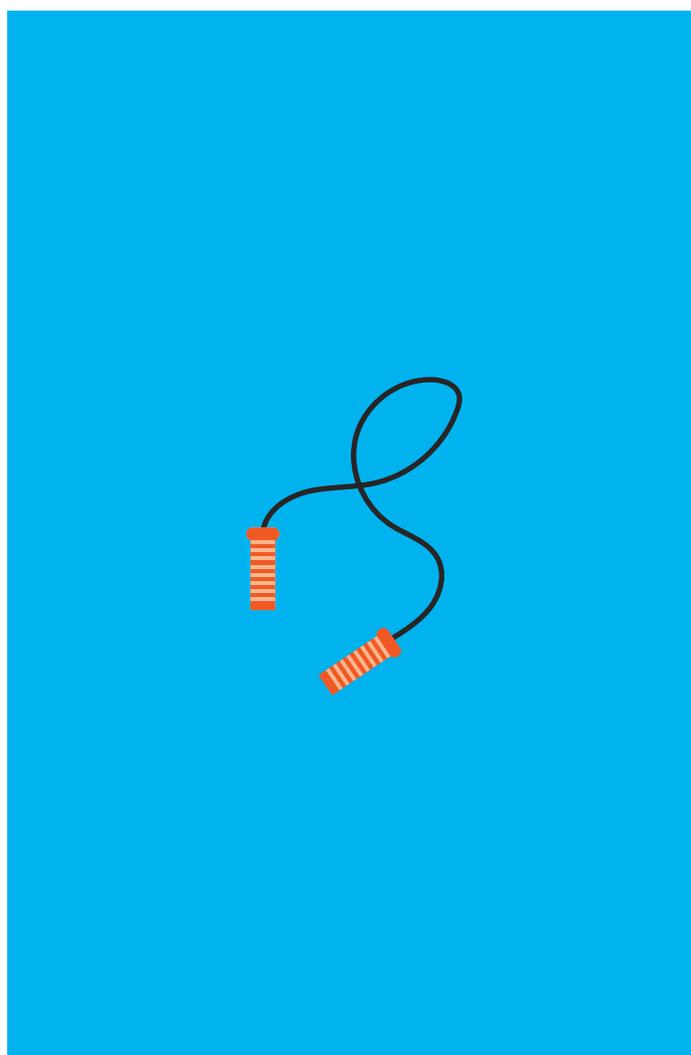
Jump over the line and back again 20 times.



START

Standing Skip

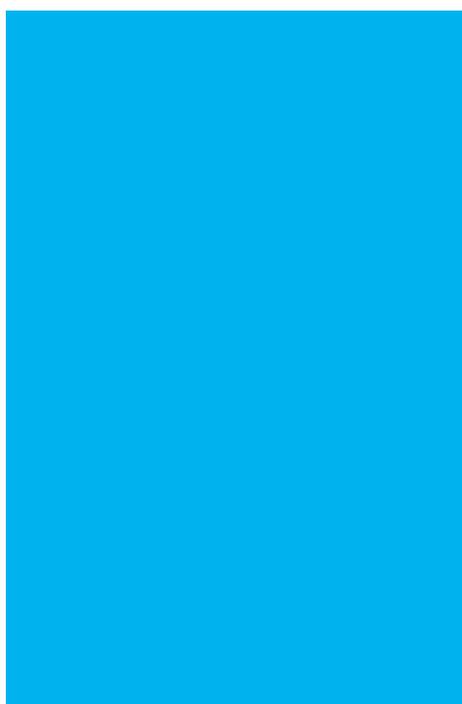
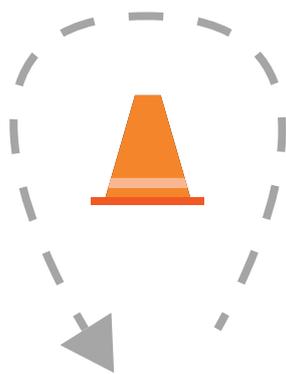
Run to the mat, do 10 skips, run back.



START

Roll

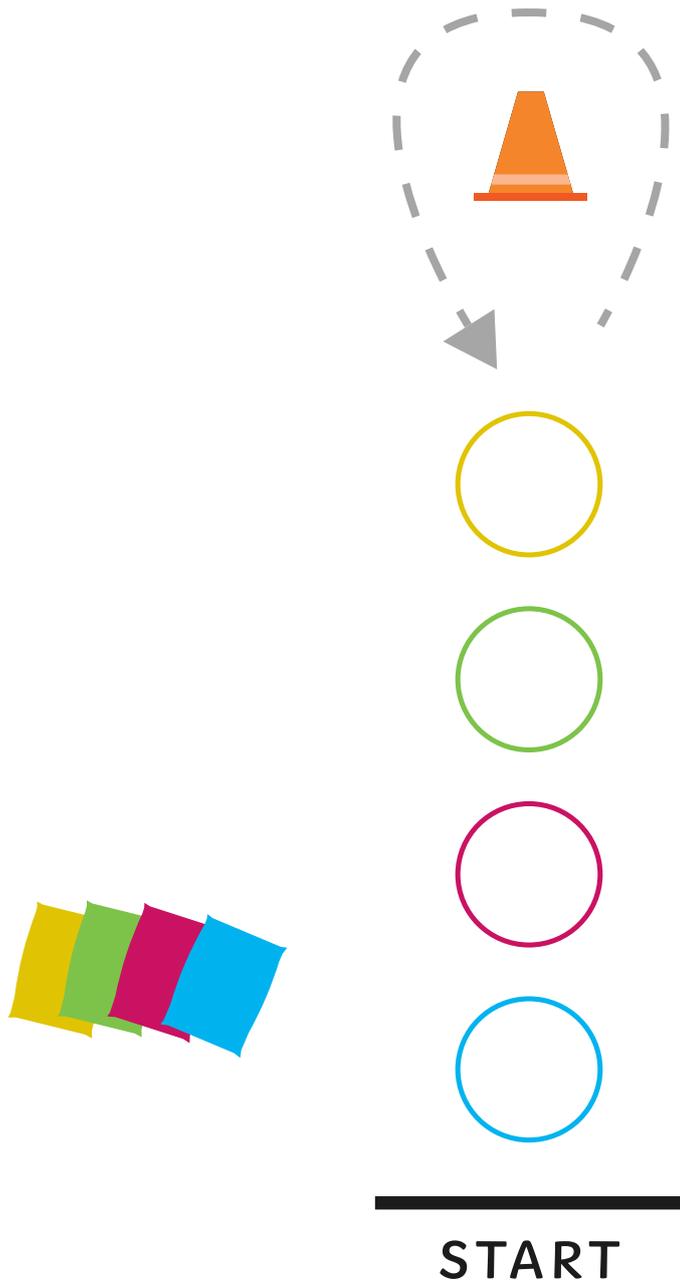
Run to the mats; do a roll (either a forward roll or a side roll) then run around the cone and roll again on your way back. A cartwheel gets double points.



START

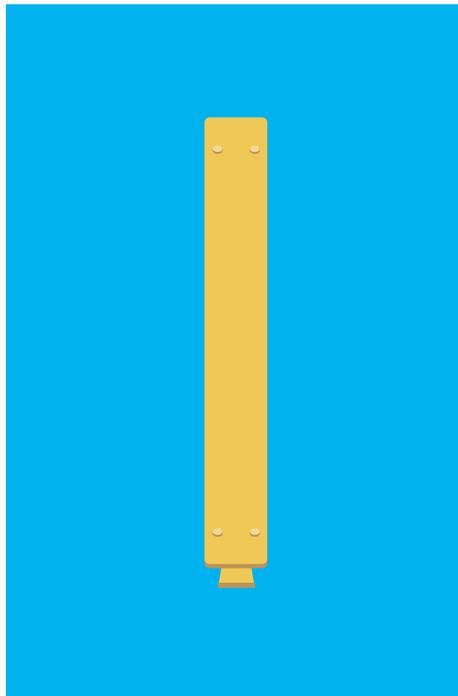
Beanbag Throw

The first team member drops a bean bag in each hoop and then runs around the cone and back again. The next team member picks up each bean bag and then runs around the cone and back again. Repeat.



Bench Slide

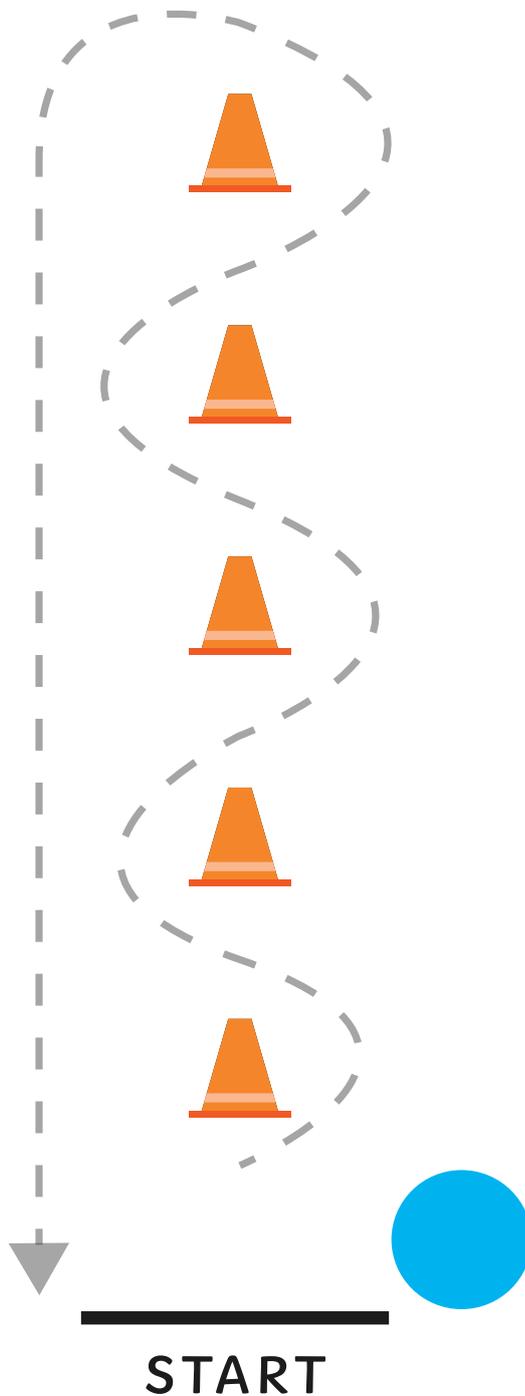
Run to the bench. Lie on your front and use your arms to pull yourself along the bench. Run around the cone and repeat on the way back.



START

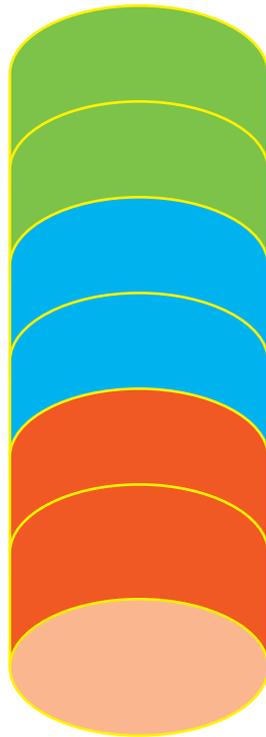
Dribble

Dribble the ball around the cones then come back in a straight line.



Tunnel

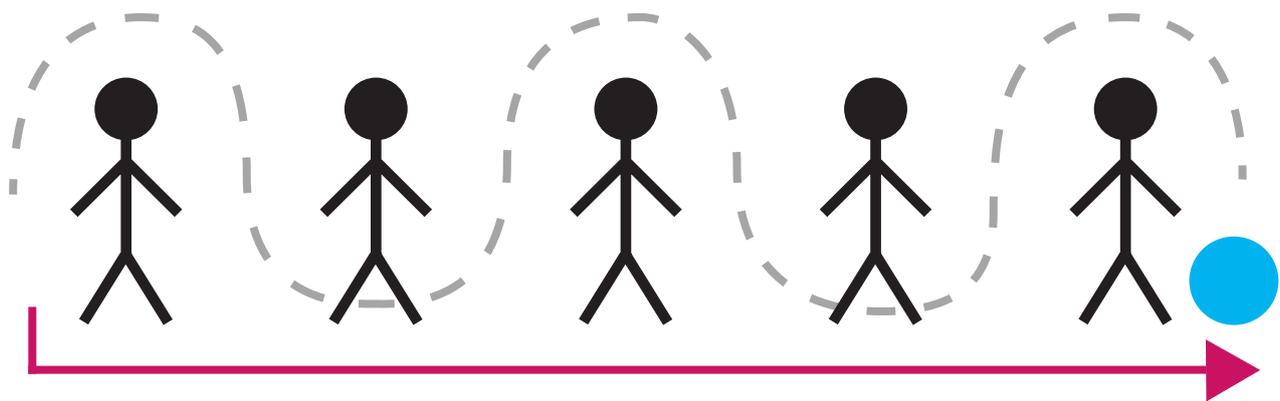
Run to the tunnel, crawl through, then run around the cone and back through the tunnel.



START

Over, Under

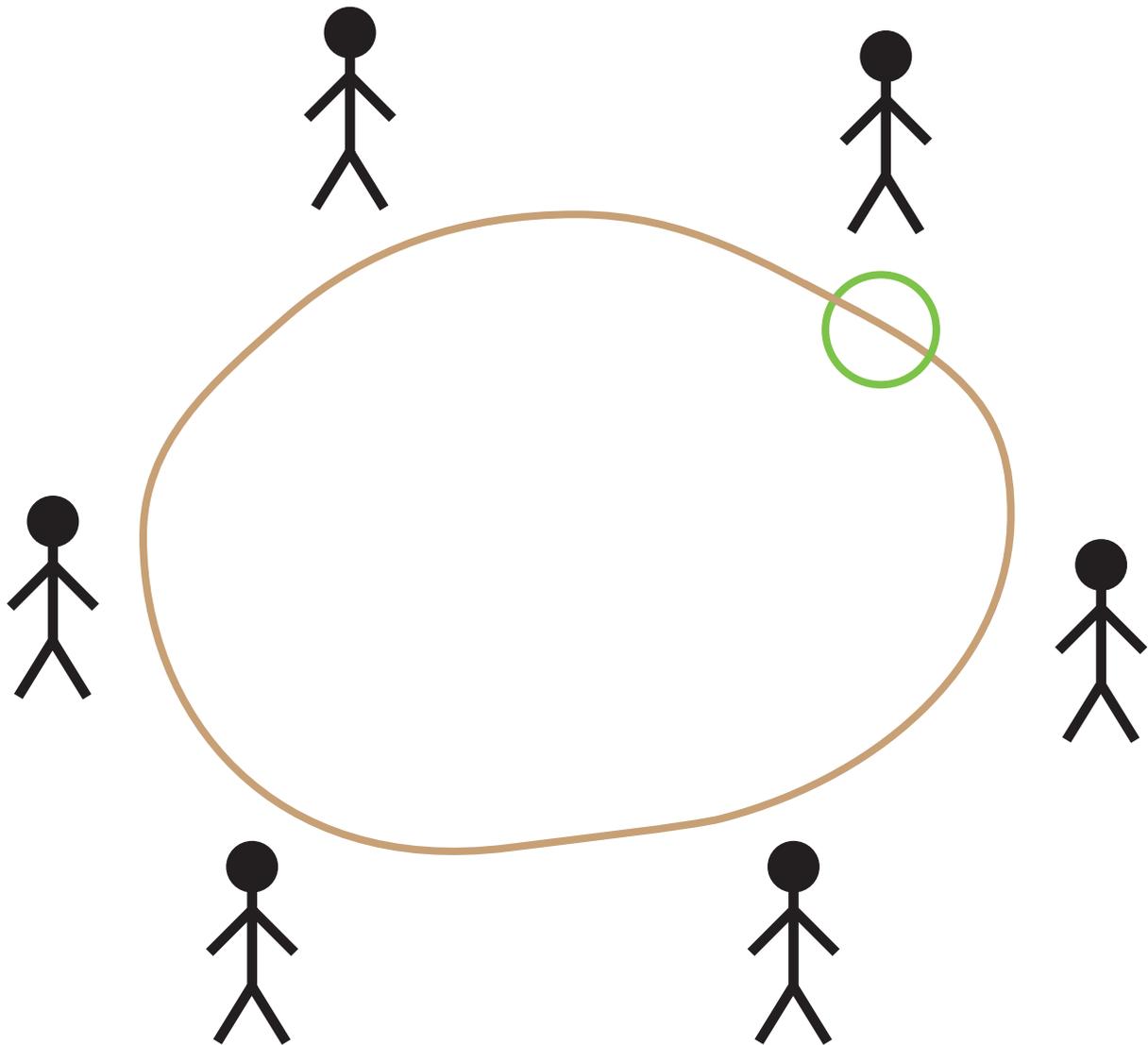
Stand in a line. The first team member passes the ball over their head, the next through their legs. Continue over and under until the last person takes the ball and runs to the front of the line to start again.



START

Hoop on a Rope

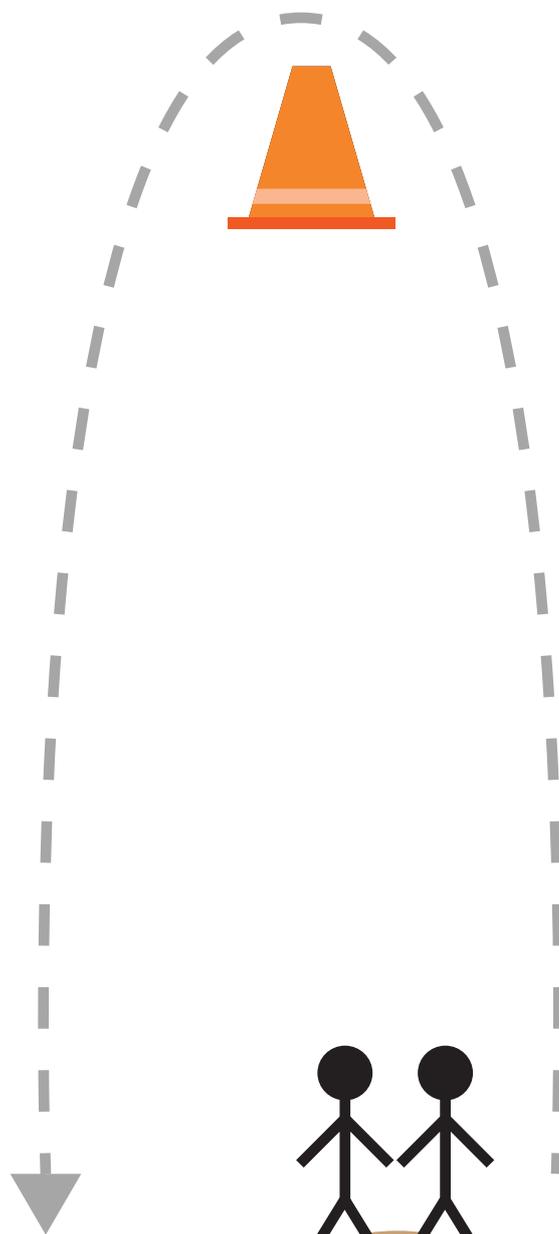
Hold the rope up in the air. Move the hoop around the circle without touching the hoop or letting the hoop touch the ground. Score for each complete loop.



START

3 Legged

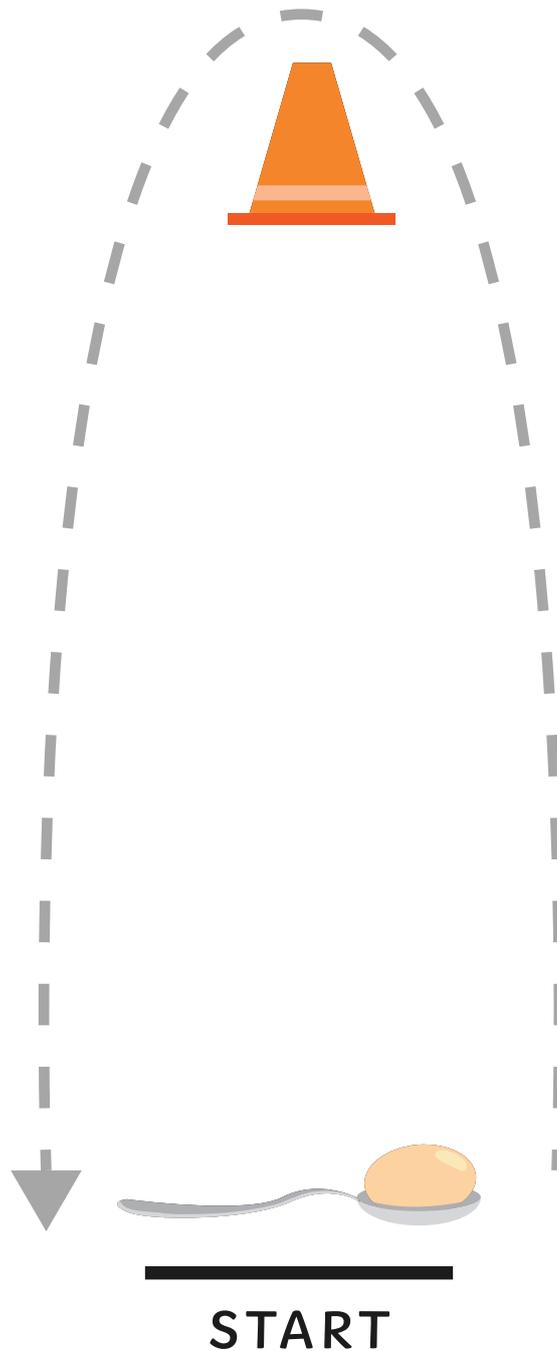
In pairs with legs tied together, run around the cone and back again.



START

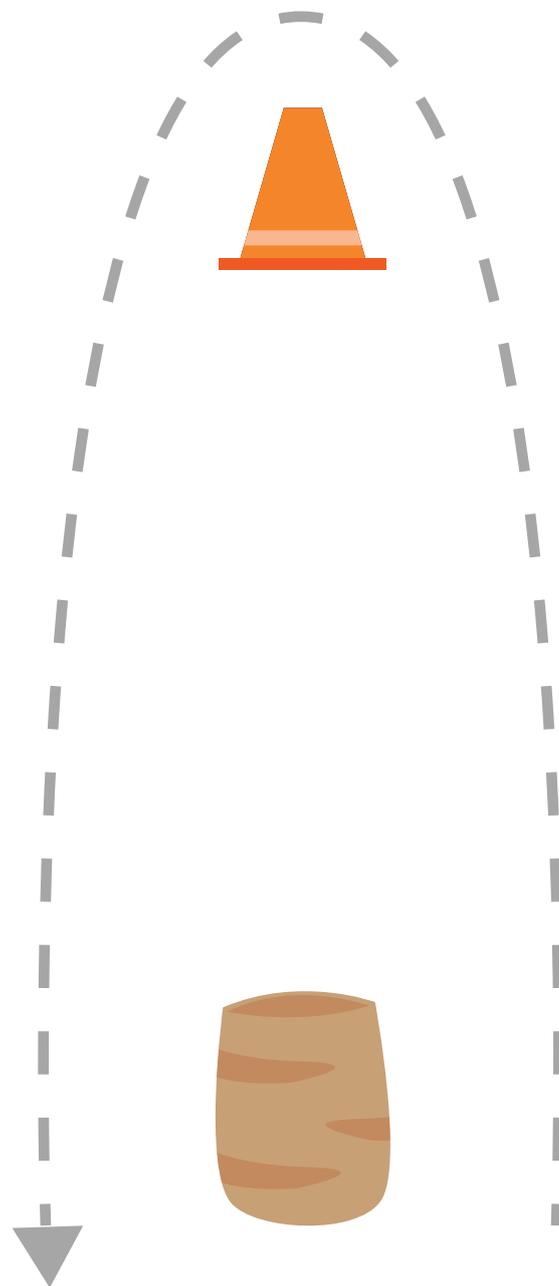
Egg & Spoon

Put the egg in the spoon and one hand behind your back. Run around the cone and back again without dropping the egg.



Sack

Step into the sack and hold onto the bag. Jump around the cone and back again.



START

Standing Long Jump

You need to stand on the start line between the two cones and jump as far as you can. The length of jump is recorded from the back of your back foot. 1, 2 or 3 points will be given depending on how far you have jumped. Make sure everyone in your team has a go!

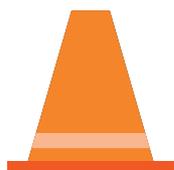
3 Points



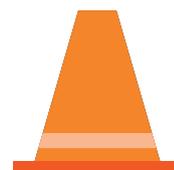
2 Points



1 Points



START



Target Throw

You have 3 beanbags to throw. Aim the beanbag at the ball balanced on the cone. You will receive 1 point for hitting the cone, 2 points for hitting the ball and 3 points if you can knock the ball from the cone.

