







JUKEBOX JIG	<i>balance, flexibility skills</i>
Equipment: Music player/Radio.	
How to play:	
Start playing some music or put the radio on.	
Take 2 sideways steps right and tap the toes of your left foot on the ground in time with the music. Then do the same to the left.	
Now add some arm moves! As you step each way, wave your arms side to side above your head!	
Finally, after your 2 steps in each direction, do a special dance move - try a star jump, dabbing, flossing or swivelling your hips like you have a hula hoop. It can be anything – make the most of your agility!	
Skill Tip:	
Can you keep dancing till the end of the song? Try again another day and see if you can add more special moves.	
Challenges:	
<ol style="list-style-type: none"> 1. Play another song, this time moving quicker to the music. 2. Make sure you really get your arms moving too. 3. Can you dance for two songs in succession? 	
STEP	
Space - make the dance area is clear of all obstacles.	
Task – Keep your energy levels high and concentrate on controlling your movements	
Equipment – Music player / Radio.	
People – Dance with a friend. Can you add even more moves to your dancing?	

TRAINING TEST	<i>Hopping, Bouncing, coordination skills</i>
Equipment: None	
How to play:	
Have you got the skills to pass this training test?	
Stand to attention! ...and start by doing 10 star jumps.	
Now do 5 hops on your right leg, then 5 on your left.	
Finish by running on the spot for 10 seconds and then salute.	
Time how quickly you complete all the movement skills.	
Skill Tip: When doing a star jump, keep your head up and your back straight. When hopping, tray and land softly, with your knee aligned over your toe (of same leg).	
What is your quickest time today? Try again another day and see if you can get better over the week.	
Challenges:	
<ol style="list-style-type: none"> 1. Take the training test again, but this time can you do 3 push ups after running on the spot? 2. Use your arms for balance when you hop? 3. Can you add a side to side or forward/back movement to you hopping? 	
STEP	
Space - make the area is clear of all objects and obstacles.	
Task – Clap your hands above your head when doing star jumps	
Equipment – None.	
People – Time yourself against a friend. Who can do the end salute the quickest?	

TOW TRUCK TRIAL	<i>balance, agility skills</i>
Equipment: A soft toy and other toys for markers	
How to play:	
Your favourite soft toy has been very busy and needs a bit of rest, can you give it a tow home?	
	
Use some toys to mark out a start and finish line.	
Get on to your hands and knees and place a ball or soft toy on your lower back	
	
You've got to get to the finish line without dropping the ball, but take it slowly – if it falls, you need to start again!	
	
Time how quickly you take to get to the finish line without dropping the object?	
Skill Tip: Keep your balance, with your knees and hands working together and keep your back nice and flat.	
What is your best time today? Try again another day and see if you can get better over the week.	
Challenges: <ol style="list-style-type: none"> 1. Play the game again, can you crawl sideways? 2. Can you add a second object to carry? 3. Try without your knees touching the ground (Bear crawl). This one is difficult! STEP Space - make the area is clear of objects Task – extend the length of the course. Add changes of direction to the course. Equipment – A soft toy and toys to make start/finish lines with. People – Time yourself against a friend.	

BOOK BUNDLE CHALLENGE	<i>balance, agility skills</i>
Equipment: 10 old books, toys to mark finish line	
How to play:	
	
Collect a pile of 10 books and mark a start and finish line.	
Now balancing them on your head one at a time, carefully walk the books to the finish line.	
	
Be careful – if you drop it, you must go back to the start.	
	
Time yourself and see if you can beat your time as you get better at it.	
Skill Tip: Use the book you're carrying to find the balancing point on your head (could be different for each book) and keep your chin lifted (parallel to floor). Use arms for balance. If a book is difficult, use a cushion to start with.	
What is your best time today? Try again another day and see if you can get better over the week.	
Challenges: <ol style="list-style-type: none"> 1. Play the game again, but this time can you walk straight down a length of string? 2. Can you add a one footed balance for 5 seconds half way down the course? 3. Add some side hip moves like a belly dancer! STEP Space - make sure the area is clear of objects and obstacles. Task – Stand, Sit, Stand with a book on your head Equipment – use lightweight books People – Time yourself against a friend.	

HOPSCOTCH	<i>hopping, leaping, landing skills</i>
Equipment: coin or bean bag, tape measure	
<p>How to play:</p> <p>Mark out a start line and stand along it.</p> <p>Throw a coin or beanbag as far as you think you can hop two footed.</p> <p>Measure how far you hopped – can you do it again, but with a bigger hops?</p> <p>Then hop on one foot, with as big a hops as you can manage. Try with your other foot. Measure how far you hop. Start again if you lose balance and touch the floor with you hand.</p> <p>Skill Tip: Bend your leg. Push off from toes in take-off. Look ahead with head and eyes level. Use your arms for power and balance. Find your rhythm – don't force it.</p> <p>What is your best score today? Try again another day and see if you can get fewer hops over the week.</p>	
<p>Challenges:</p> <ol style="list-style-type: none"> 1. Play the game again, but this time hop sideways or (being very careful) backwards. 2. Throw yourself a catch with a ball as you hop. 3. Think of some other types of moves you can make between the start and finish. <p>STEP</p> <p>Space - make sue the area is clear of objects.</p> <p>Task – complete a course on one leg while throwing and catching a ball</p> <p>Equipment – toys to mark out start/finish</p> <p>People – Time yourself against a friend.</p>	