



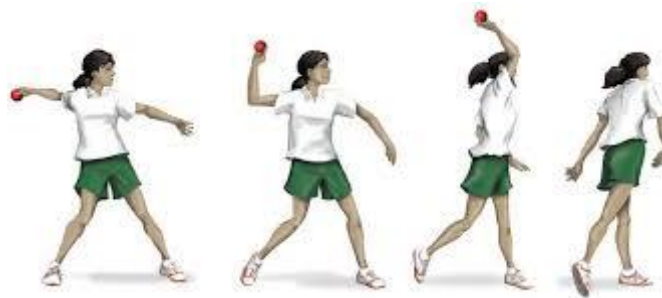
Standing Long Jump

Stand still with both of your feet together. Swing your arms back and jump as far forward as you can. Measure how far you jumped. Have a few tries, what is the furthers you can jump? Can you jump further if you take a run up?



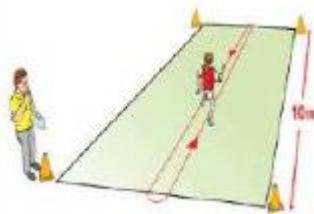
Standing Throw

Stand behind a line or in a circle/hoop. Using a ball or pair of balled up socks, see how far you can throw your object. Have a few tries and see how far you can throw.



Shuttle Run

Stand you have the room, set up a 10m long track. If you don't have this space just run the length of your garden or space that you have. Run all the way to the end, turn around and run back. See how fast you can do this when being timed. Can you beat this time?



Obstacle Course

Create your own obstacle course using objects you have or can find. Time yourself completing it and post a picture on dojo so we can see what it is like! Can whoever is looking after you beat your time?