

**Throw and catch a ball with a friend.**

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**How many times can you bounce a ball?**

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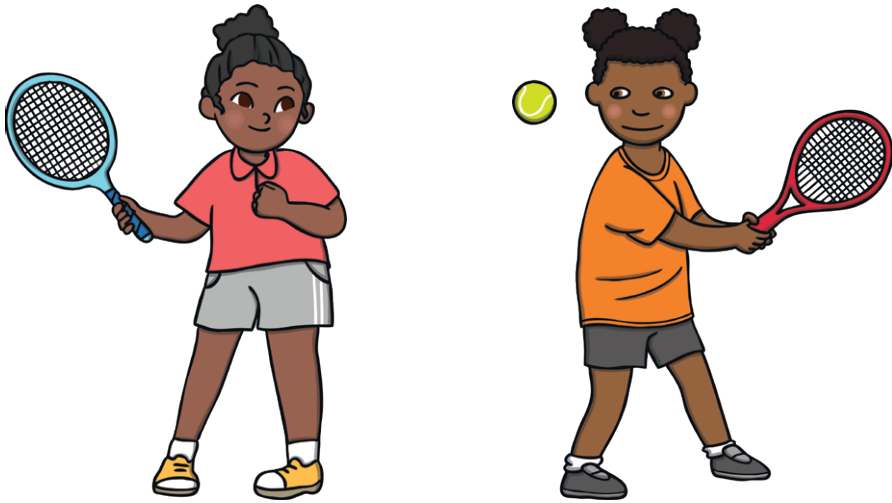
**Make a trail and follow it.**

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**Do 5 star jumps.**

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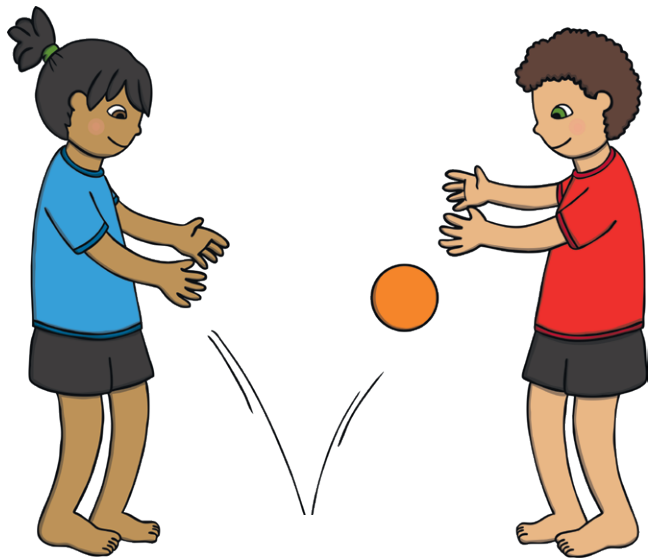
Hit a ball to your friend.

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Do **10** star jumps.

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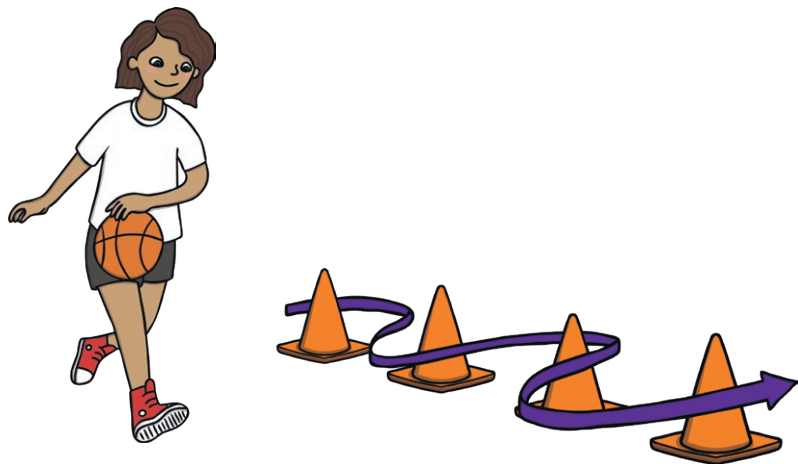
Bounce a ball to a friend.

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Throw **5** beanbags  
into the hoop.

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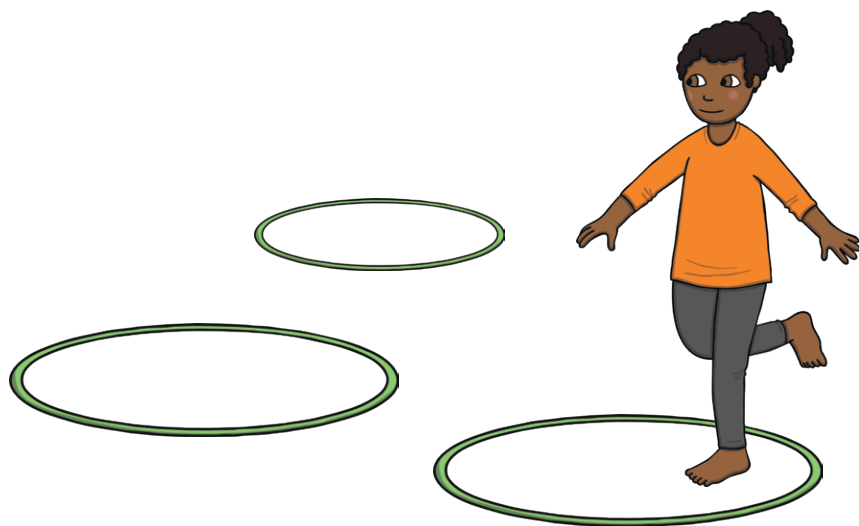
**Dribble the ball around  
the cones.**

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**Throw 10 beanbags  
into the hoop.**

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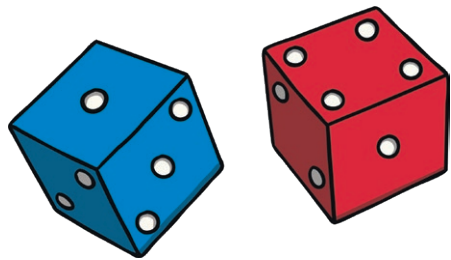
**Jump between the hoops.**

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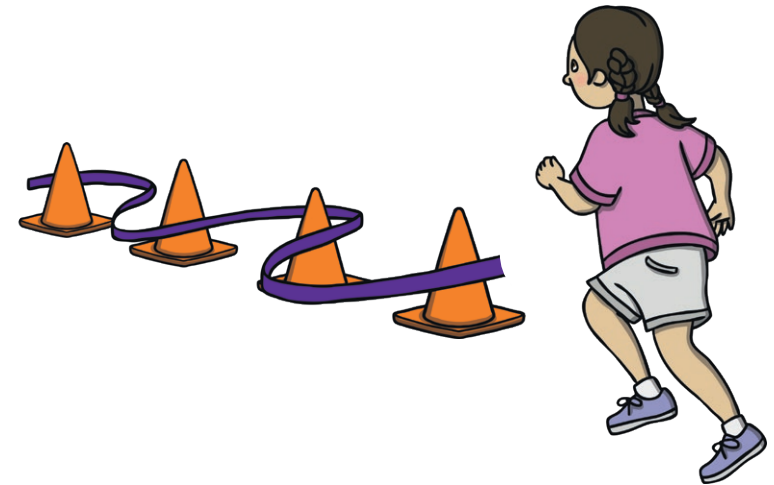


**How many times can you  
hop on one foot?**

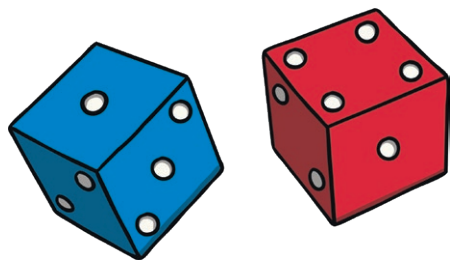
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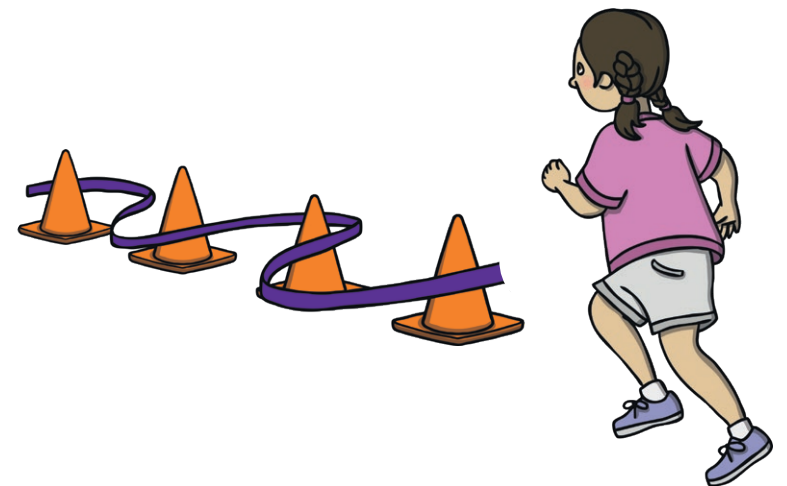
Roll a dice and then  
jump the number.



Run between the cones  
**5** times.



Roll a dice and then  
hop the number.



Run between the cones  
**10** times.