




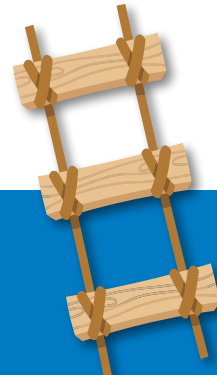

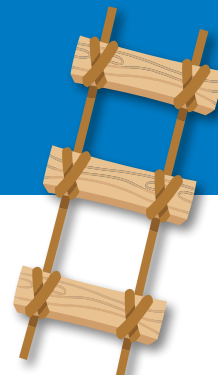



Snakes and Ladders

 FINISH	Run on the spot for 30 seconds 30	TASK 5 	TASK 4 	Throw a ball/object into a bucket 5 times 25	
TASK 3 		Hope on one leg 20 times 19			
		Throw a ball into the air and catch 5 times 13		TASK 2	Balance on one leg for 30 seconds 9
START		Do 20 star jumps 2	TASK 1	Throw and catch a ball 10 times 5	Do as many jumps as you can in 1 minute 7

TASK 1

Watch and complete the routine on the tell the time Supermovers video.

TASK 2

Watch and complete the routine on the days of the week Supermovers video.

TASK 3

Watch and complete the routine on the alphabet Supermovers video.

TASK 4

Design a poster on being healthy.

TASK 5

Create your own football badge, using different colours and shapes and name your new team.

