

Start



Hop on one leg for 20 seconds.

Draw around your hand.

Sing a song out loud with an adult.

Count to 10 in a silly voice

How long can you balance on one leg?
.....



How many blue objects can you find?
.....

Cross off when completed



Dance to your favourite song.

How many catches can you do it 1 minute

Pretend to be your favourite animal

Write down your favourite music artist.

Draw a tree

Complete 10 star jumps

Make happy and sad faces

Draw your own portrait

Write a rap about yourself.



Watch your favourite show

Measure how far you can jump

Draw me your favourite cartoon character

Make up your own clapping beat.

Move slow / fast

Finish

