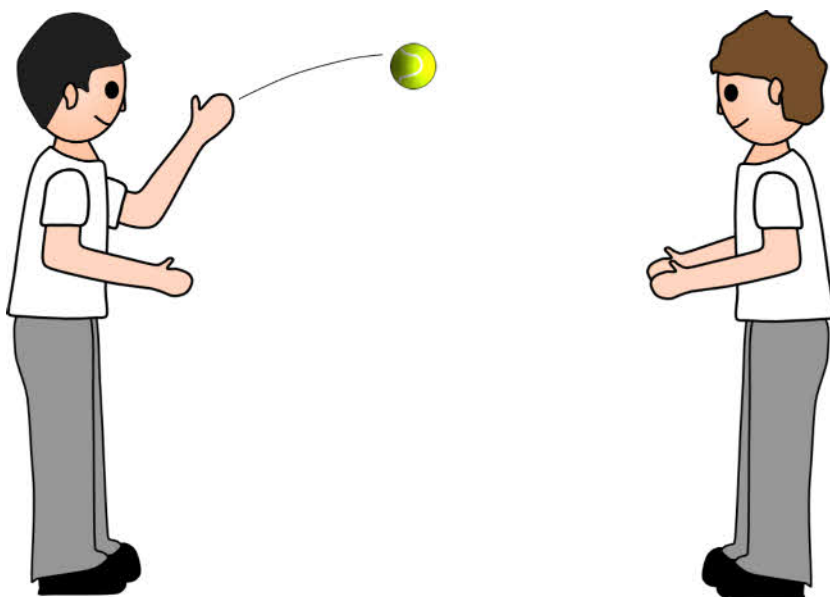
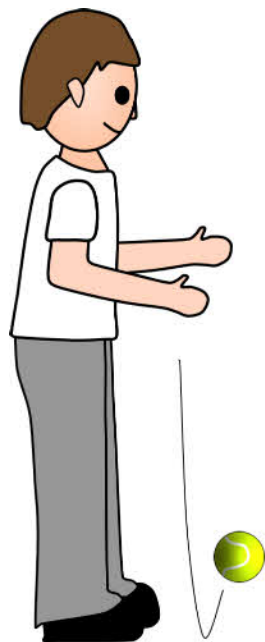


Outdoor physical activity cards



Throw and catch a ball
with a friend.



How many times can
you bounce a ball?

Outdoor physical activity cards

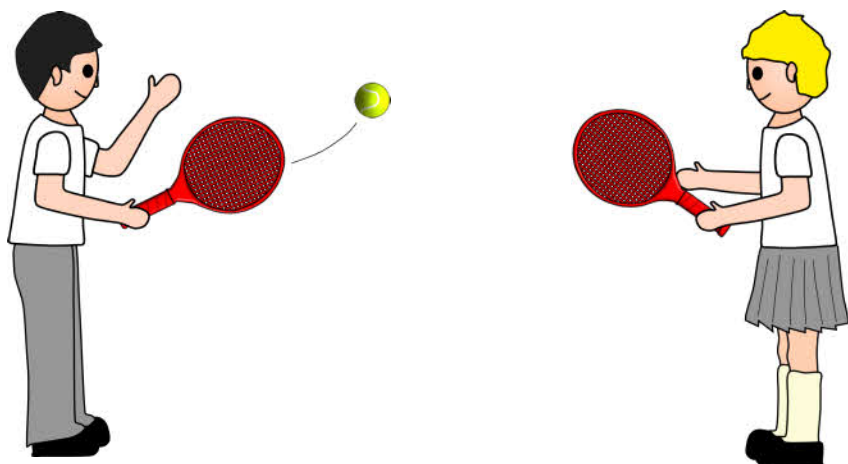


Make a trail
and follow it.



Do 5 star jumps.

Outdoor physical activity cards



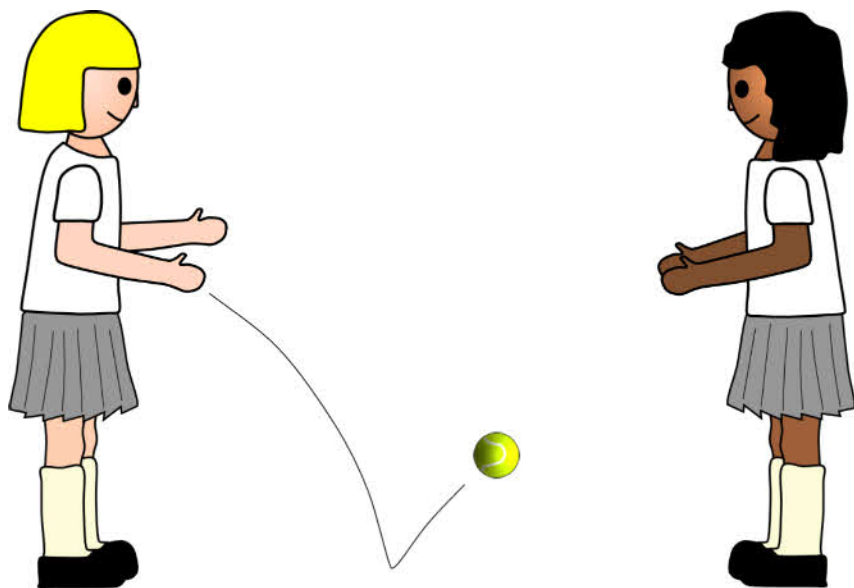
Hit a ball to your friend.



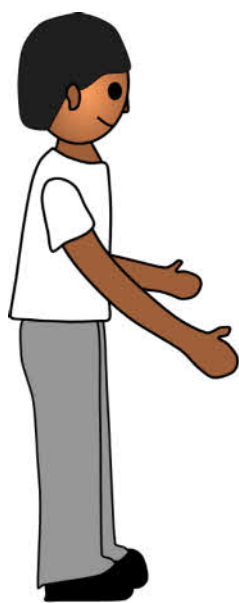
10

Do 10 star jumps.

Outdoor physical activity cards



Bounce a ball
to a friend.



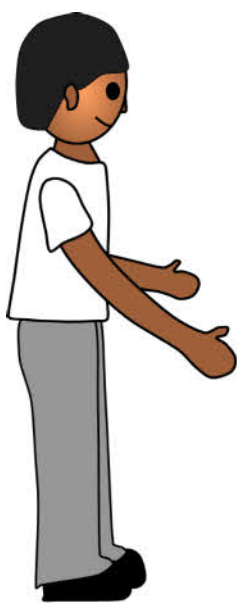
5

Throw 5 bean bags
into the hoop.

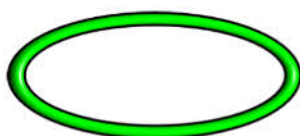
Outdoor physical activity cards



Dribble the ball around
the cones.

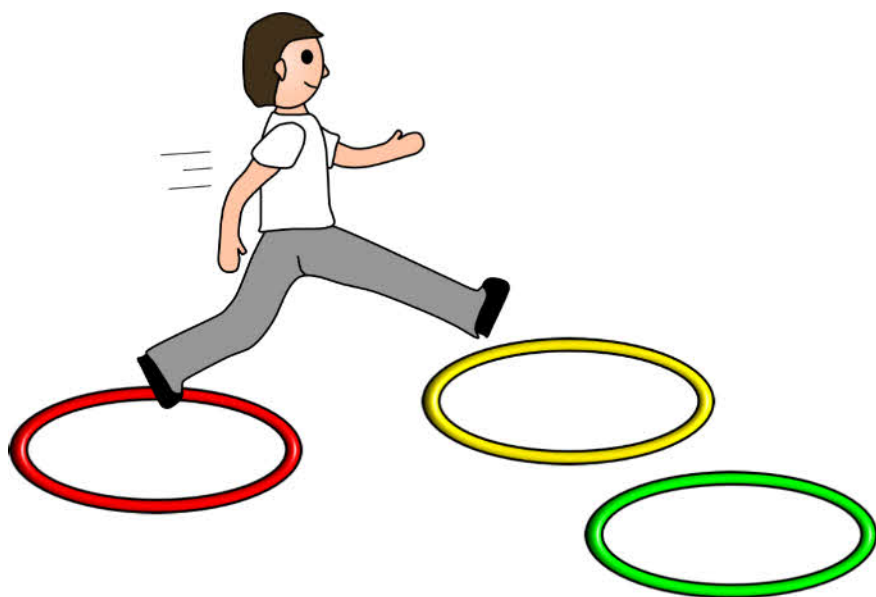


10



Throw 10 bean bags
into the hoop.

Outdoor physical activity cards



Lay out some hoops
and jump between them.



How many times can
you hop on one foot?

Outdoor physical activity cards



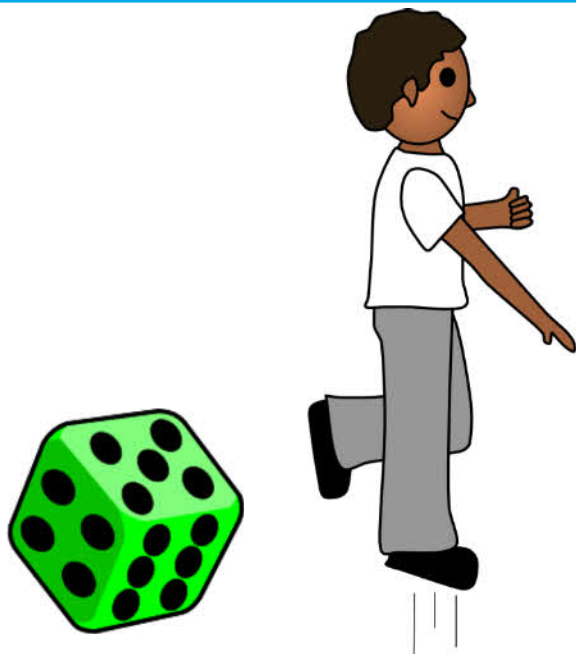
Roll a dice and then
jump the number.

5

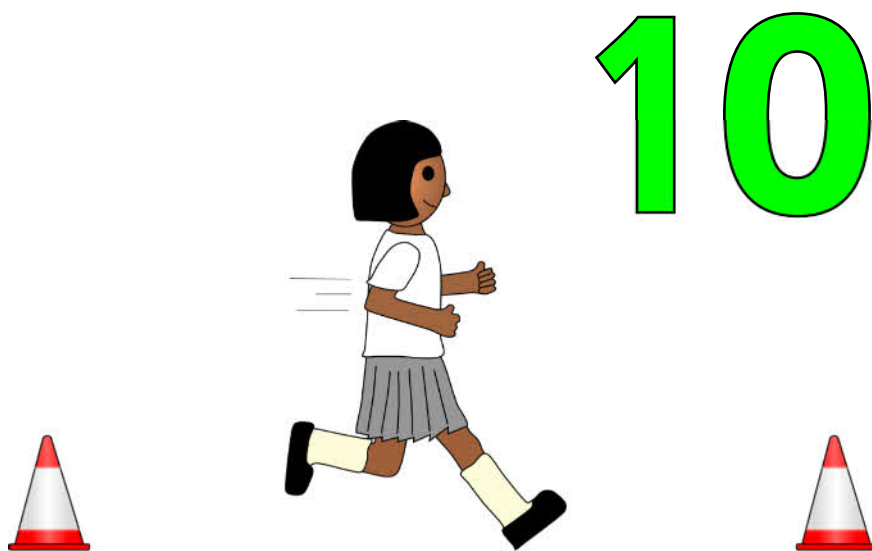


Run between the cones
5 times.

Outdoor physical activity cards



Roll a dice and then
hop the number.

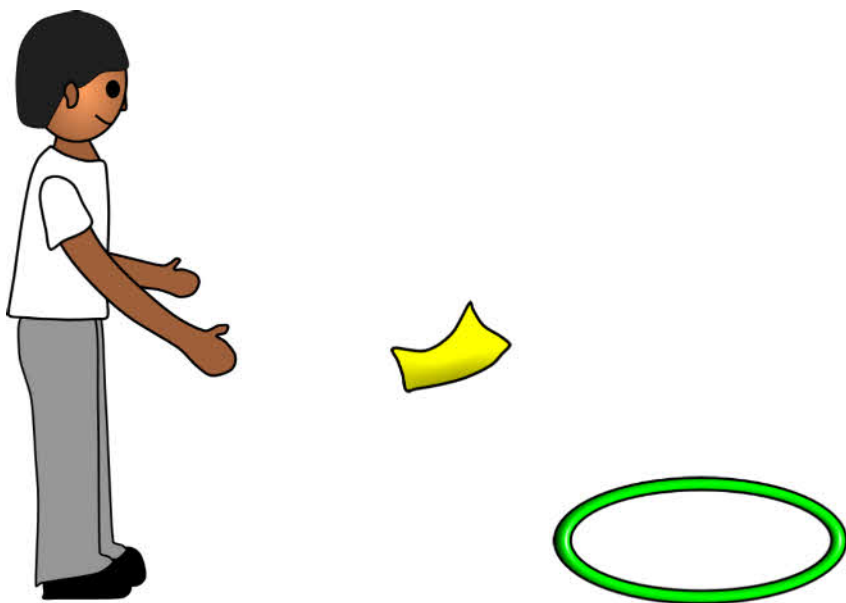


Run between the cones
10 times.

Outdoor physical activity cards



Can you hula-hoop?

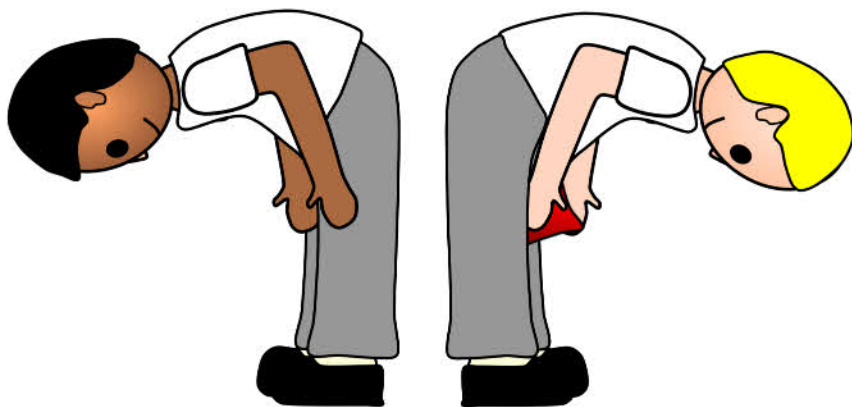


Throw some bean bags
into the hoop.

Outdoor physical activity cards



Stand with a partner.
Pass object over your head.



Stand with a partner.
Pass object between legs.

Outdoor physical activity cards



Stand with a partner.
Pass object around the side.