Physical Activity for the Whole Family

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are honest.

Achieve Gold
Complete all the activities on the card

Achieve Silver
Complete a horizontal or vertical line of activities

Achieve Bronze
Complete one activity from each line