How to play:

• Once you complete a physical activity tick it off.
• If you are finding some of the activities hard, change them or have a rest and then continue.
• If you are finding the activities easier why not challenge yourself and think of ways to make them harder.
• When performing the activities make sure that you always try your hardest and have fun.

Achieve Gold
Complete all the activities on the card

Achieve Silver
Complete a horizontal or vertical line of activities

Achieve Bronze
Complete three activities from the card