

#Together

CONNECT FOUR

● Take turns to choose an activity starting on the bottom row. Once you've completed it, mark it off in your colour.

● The first player to complete four activities in a row is the winner – these can be vertical, horizontal or diagonal.



THROW/ROLL an object into a target 15 times in a row

Complete 25 **SHUTTLE RUNS**

Perform 50 **SIT UPS**

BALANCE in a plank position as long as possible

PERFORM 50 mountain climbers

PASS a ball around your waist 50 times

MOVE up and down 200 steps

PLAY a game of Boccia

CREATE a short gymnastics sequence

LEARN a karate sequence

PLAY a game of throw tennis

WRITE and perform a sports anthem

PLAN and make a healthy meal

DESIGN a new sports kit

PLAY a game of charades

SQUAT the 3, 5 or 9 timestable

FIND 5 verbs in a book and perform the actions

RESEARCH the rules of a new sport

JUMP and call out prime numbers

HOP / LIFT KNEE and complete 5 subtractions

WATCH a sport event and **WRITE** a review

TAP a ball on a racket 50 times

BALANCE on both legs for 60 seconds

JUMP over a pillow 60 times

DRIBBLE a ball through 3 objects, 10 times

THROW and catch a ball 25 times

PERFORM an online fitness exercise

PLAY 10 pin bowling

PAINT or draw a sports picture

PLAY active noughts and crosses

RESEARCH and perform the Haka

CREATE a tower with Lego or blocks

PLAY musical statues or musical chairs

Have a running **RACE**

BUILD a den

RUN / MOVE on the spot for 60 seconds

JUMP on the spot 25 times

Perform 25 **SQUATS**

SKIP for 60 seconds

Perform 25 **STAR JUMPS**

SPEED BOUNCE for 60 seconds

HOP / LIFT KNEE for 60 seconds