

## **Reception Class Activity Challenge**

As a sports leader I have been tasked to give you a fun sporty task. I have an obstacle course for you! Enjoy!

### You will need:

- 3 pillow cases
- Any rope or skipping rope
- A ball



First lay your pillow cases on the floor. Next leave good space for jumping jacks , then place your rope and leave a space for a big jump at the end. Jump across your pillow cases. Then do 5 jumping jacks. Then an adult can throw a ball for the child and when they catch it they can throw it back. After that you can walk the plank[the rope]! Finally take a big jump at the end. I hope you all stay safe and keep active!