

JOIN IN WALK TO SCHOOL

HOW MANY POINTS CAN YOU GET?



CUT THE CARDS OUT



PASTE ONTO CARDBOARD



COMPLETE THE ACTIVITIES



ADD UP YOUR POINTS



1 POINT



BOUNCE

Bounce a basketball 10 times in a row! Be quick, and careful not to miss a bounce!

2 POINTS



SKATE

Skate 10 metres without stopping or falling. It's much harder than it sounds!

3 POINTS



SCOOT



Ride your scooter in the smallest circle you can. The smaller the circle the harder it is!

4 POINTS



KICK

Bounce the soccerball on your toes, three times in a row. Add on a point for every bounce you do in a row after the first 3!

6 POINTS



DISCOVER

Your Walk to School track has hidden footprints. How many animals can you find?

6 POINTS



RIDE

Ride your bike around the lake. How fast you can go?

7 POINTS



WALK

Walk around the block. How many steps is it?

8 POINTS




PINGPONG

Can you hit and catch a ball in the air 5 times without missing. Try with ANY size ball!



11 POINTS



LEAP

Try and leap into the air and do the splits. Be careful to land on your feet!

11 POINTS



CATCH

Find a helper and play catch. Make up your own catching game!

12 POINTS



YOGA

What yoga poses do you know? Try to sit down and reach your toes!

13 POINTS



BALANCE

How long can you stand on one leg? Now, try the other leg!


14 POINTS



TENNIS

Using only your nose, push a tennis ball along the floor and try to beat the other racers across the finish line.

15 POINTS



CROUCH

Your Walk to School track has hidden footprints. Can you copy the animals?

16 POINTS



JUMP

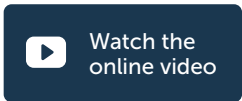
Jump in the air and try to click your heels together.

16 POINTS



THROW

How far from the hoop can you be, and still throw the ball in? Try it closer to practice and work your way out.



www.getmoovingshepparton.com.au
 Visit our website for more fun activities, extra cards and videos.
 #getmooving #activitiesinthepark #walktoschool

