



Mini Activities

What's needed

Mini Mats
Bean Bags
Ball
Cups
Trampoline

How to play

Number 1 – Throw 3 bean bags onto the target mat, then perform the exercise on each of the mini mats.

Number 2 – Bounce a ball three times in a hoola hoop and then perform the exercise on either side of the hoola hoop.

Number 3 – Build a pyramid of plastic cups (4, on the floor in a line, then 3, then 2 and 1) and then do the mat either side.

Number 4 – Bounce on the trampoline 10 times then perform the exercise on either side of the trampoline.

The Setup

