Move and Play

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Hop five times	2 Stretch your arms	3 March in place
4 Stand on one foot	5 Roll a soft ball	6 Jump over a line
7 Walk like a crab	8 Reach for the sky	9 Do five toe taps
10 Balance a beanbag	11 Kick a soft ball	12 Walk a zigzag path
13 Dance for a minute	14 Make five big circles	15 Tiptoe across a room
16 Crawl through a tunnel	17 Throw into a basket	18 Stretch like a cat
19 Walk backward safely	20 Try five gentle jumps	21 Pass a ball
22 Do three star jumps	23 Pretend to swim	24 Play freeze dance
25 Balance for 5 seconds	26 Try animal yoga	27 Run on the spot
28 Make an obstacle course	29 Teach someone a move	30 Celebrate with a dance

Tick each card as you finish it. Adapt any task to the child's needs.