

Challenge Card 3

Sporting Challenge

Figure of 8 Challenge: using a toilet roll, how many figures of 8 can you do between your legs in 30 seconds?

Additional Challenge

Can you try doing this without looking at the toilet roll?

Equipment



Teaching points

- Keep your legs shoulder width apart.
- Try and keep your head up and eyes forward.

Health Challenge



[Watch the video here](#)



Can you draw a picture of a vegetable for each colour of the rainbow?