

Challenge Card 9

Sporting Challenge

Balancing one object at a time on your belly transfer them from the floor to a basket.

Additional Challenge

Increase the distance you need to travel to place the item in the basket.

Equipment



Teaching points

- Hands and feet on the floor
- Keep your tummy flat and in the air

Health Challenge

[Watch the video here](#)

Charity number: 1175899



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Challenge someone in your house to play against.
Make a smiley face from your fruit, enjoy eating it!