



Challenge Card 7

Equipment



Sporting Challenge

How many rolled up towels can you jump over?

Remember how many towels you jumped over then try to beat your score.

Additional Challenge

Can you think of a new way to jump over you towels and share that idea with a friend?

Teaching points

- Stand on two feet
- Bend your knees
- Push off the balls of your feet
- Swing your arms for more power

Health Challenge

[Watch the video here](#)

Charity number: 1175899



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you.

Can you make a face out of your favourite piece of fruit? You may need an adult to cut the fruit up for