



'Keep Active' Virtual Club

Week 6

Action Races!



1. Think up 6 different ways of moving – eg. Bunny hops, bear crawls, walking whilst balancing something on a spoon or your head
2. Write these on to paper and place them face down
3. Get ready to race to the end of the room/garden
4. Pick a random move and.....race (against someone or the clock!)
5. Time how long it takes to complete all 6 moves

