



Mini Activities

What's needed

- Mini Mats
- Bean Bags
- Ball
- Cups
- Trampoline

How to play

Number 1 - Throw 3 bean bags onto the target mat, then perform the exercise on each of the mini mats.

Number 2 - Bounce a ball three times in a hoola hoop and then perform the exercise on either side of the hoola hoop.

Number 3 - Balance on the board for a set time and then complete one of the exercises either side of the mat.

Number 4 - Bounce on the trampoline 10 times then perform the exercise on either side of the trampoline.

