

Team Wigan

DODGEBALL

Bingo



CROSS OFF THE SKILLS WHEN YOU HAVE COMPLETED THEM TO EARN A CERTIFICATE. TRY AND GET A LINE AND THEN AIM FOR A FULL HOUSE BY COMPLETING ALL THE SKILLS!



Do 3 exercises to warm your body up	Run on the spot for 2 minutes non stop	Throw a ball or object up and catch it 20 times	Do 10 hops on each leg without putting the other foot down
Throw a ball against a wall and catch 20 times	Hit a target 10 times with a ball	Grab a friend and play catch, aim to catch 20 in a row	Do 1 minute of star jumps
Throw 10 soft balls or beanbags at a friend and get them to dodge. Swap roles.	Hold an asymmetrical balance for 5 seconds	Speed bounce over a line or cone for 30 seconds	Do 10 shuttle runs as fast as you can
Jump in the air and land without wobbling 10 times	Throw a ball up, spin round and catch	Do 3 exercises that cool you down	Tell someone which challenge was your favourite



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