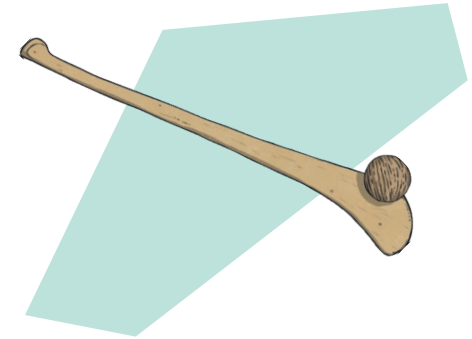




Long Puck

Using a hurley and sliotar, see who can hit the sliotar the furthest!



Long Kick

See who can kick a ball the furthest. The ball must be kicked from the ground and not from the hands.



Three Legged Race

Get a partner and decide on a start and finish line for your race. Tie your legs together using a scarf or a pair of tights. Make sure to practice before you race!



Balance on One Leg

See how long you can balance for on one leg. If it's too easy, try balancing on something like the edge of a kerb outside!



Target Throw

Choose your target. It could be a basketball hoop, a hula hoop or even a bucket. Measure a set distance from the target (e.g. 2 metres). See how many clothes pegs you can get into the target in one minute!

