

# JOIN IN OUR ACTIVITIES IN ISO

HOW MANY POINTS CAN YOU GET?



CUT THE CARDS OUT



PASTE ONTO CARDBOARD



COMPLETE THE ACTIVITIES



ADD UP YOUR POINTS

1  
POINT



**BOUNCE**

Bounce a basketball 10 times in a row! Be quick, and careful not to miss a bounce!

2  
POINTS



**SKATE**

Skate 10 metres without stopping or falling. It's much harder than it sounds!

3  
POINTS



**SCOOT**



Ride your scooter in the smallest circle you can. The smaller the circle the harder it is!

4  
POINTS



**KICK**

Bounce the soccerball on your toes, three times in a row. Add on a point for every bounce you do in a row after the first 3!

6  
POINTS



**DISCOVER**

Your Walk to School track has hidden footprints. How many animals can you find?

6  
POINTS



**RIDE**

Ride your bike around the lake. How fast you can go?

7  
POINTS



**WALK**

Walk around the block. How many steps is it?

8  
POINTS



**PINGPONG**

Can you hit and catch a ball in the air 5 times without missing. Try with ANY size ball!



11 POINTS

# LEAP

Try and leap into the air and do the splits. Be careful to land on your feet!



11 POINTS

# CATCH

Find a helper and play catch. Make up your own catching game!



12 POINTS

# YOGA

What yoga poses do you know? Try to sit down and reach your toes!



13 POINTS

# BALANCE

How long can you stand on one leg? Now, try the other leg!



14 POINTS

# TENNIS

Using only your nose, push a tennis ball along the floor and try to beat the other racers across the finish line.



15 POINTS

# CROUCH

Your Walk to School track has hidden footprints. Can you copy the animals?



16 POINTS

# JUMP

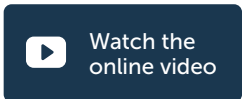
Jump in the air and try to click your heels together.



16 POINTS

# THROW

How far from the hoop can you be, and still throw the ball in? Try it closer to practice and work your way out.



Watch the online video

[www.getmoovingshepparton.com.au](http://www.getmoovingshepparton.com.au)

Visit our website for more fun activities, extra cards and videos.

#getmooving #activitiesiniso #activitiesinthepark



activities in the park

