

# COORDINATION CHALLENGE



## WELLBEING ACTIVITIES TO TRY:

- **Step In, Step Out challenge**– How many times can you step in and step out of a circle in 60 seconds? Step in and out 1 foot at a time, both feet must step into the circle and then out again, no jumping.
- **Juggling**– Using a tissue, light scarf or plastic bag try juggling 1 handed (right hand to right hand etc.), try 2 handed (right hand to left hand etc.) then try with 2 or 3 tissues, scarves or bags.
- **Stand and Clap**– While standing clap the inside of each foot with the opposite hand, firstly to the front of your body and then behind. How fast can you do it?



## OTHER PLACES TO GET IDEAS:

- [Click Here](#) to see the Youth Sport Trust PE Activities

