

COORDINATION CHAL-

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

