

Arm Circles

Start with your arms out making small circles, slowly make your circles bigger:

- Can you make backwards circles?
- Can you do one arm backwards and one arm forwards?

Bounce a Ball

Bounce a ball on the spot:

- How many bounces can you do before dropping the ball?
- Can you bounce while walking in a circle?
- How many bounces can you do in a minute?

March

March around the circuit:

- Make sure your body is straight like a soldier.



Leap Frog

With a friend, play leap frog:

- How far can you travel in a minute?
- Can you follow a line around the court?

