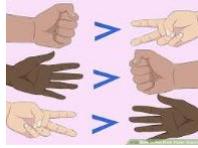


## Rock, Paper, Scissors

2+ players - Find a partner and play rock, paper, scissors. Remember:



Winner does a 5 second plank, loser does the exercise below five times depending on how many times you have played. If it's a draw, play again.

Game	Exercise	Description
1 <sup>st</sup> game		Hop from one leg to the other
2 <sup>nd</sup> game		Star jumps
3 <sup>rd</sup> game		Alternating high knees on the spot
4 <sup>th</sup> game		Sit ups
5 <sup>th</sup> game		Alternating leg lunges
6 <sup>th</sup> game		Squats
Then start from the beginning again if you still have energy!		

You can play this **by yourself** too by writing rock, paper and scissors on individual pieces of paper TWICE. Put them in two pots (imaginary Player 1 and Player 2). Pick out a paper from each and see who wins. You do the exercises that 'Player 1' needs to do. Repeat.

**Adapt:** You could make up your own exercise to go with each game.

**Challenge:** You could do a 10 second plank or 10 or more of each exercise!

## Toilet Roll Shy

Stack full or empty toilet rolls up any way you like. Then throw a ball at them and see how many you can knock down. 1 point for each toilet roll you knock over. If you don't have a ball you can use a folded up pair of socks.

1 player - Count how many points you get with 5 throws.

2+ players - Take it in turns and see who scores the most points after 5 throws.



**Adapt:** Count how many throws it takes for you to knock all the toilet rolls over.

**Challenge:** You could stand further away or throw the ball over your head.

## Toilet Roll Challenge

Instead of dumbbells, use two toilet rolls for the following exercises:



**Adapt:** You could make up a toilet roll exercise using a lunge, jump or roll.

**Challenge:** You could use two tins of beans instead of toilet rolls!

## Obstacle Course Challenge

Design an obstacle course in your house or garden. You could then get the whole family to complete it and maybe even time yourselves doing it! REMEMBER TO ALWAYS STAY SAFE.

Here are some ideas to get you started:

