



Station #1 Complete one lap of the field as a team using any means BESIDES running/ walking. Be Creative



Station #6 In a relay, fill the bucket on one end with the water on the other end using only the sponge to transport



Station #2 In a relay, in pairs move 50m up and down the track using the picture alongside as a clue



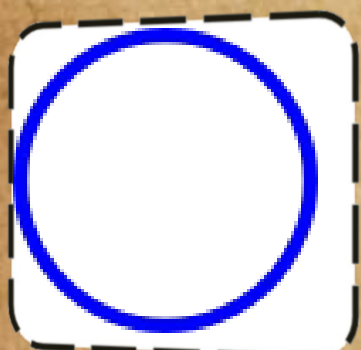
Station #7 Each teammate must dribble the soccer ball through the cones and score a goal at the end.



Station #3 Using the rope provided tie your entire team together at the ankles and run to the next station



Station #8 Each teammate must skip for 50 counts continuously. If they stop before 50 they start again.



Station #4 Make a circle by holding hands. Put a hoop on one persons shoulder. The group has to step through the hoop without breaking the chain.



Station #9 As a team, name 10 different exercises you have learnt in PE and do 10 repetitions of each. (Must include push ups and burpees)



Station #5 Taking turns, using the sack provided, hop 50m up and down down the track.



Station #10 Challenge another team to a tug of war competition