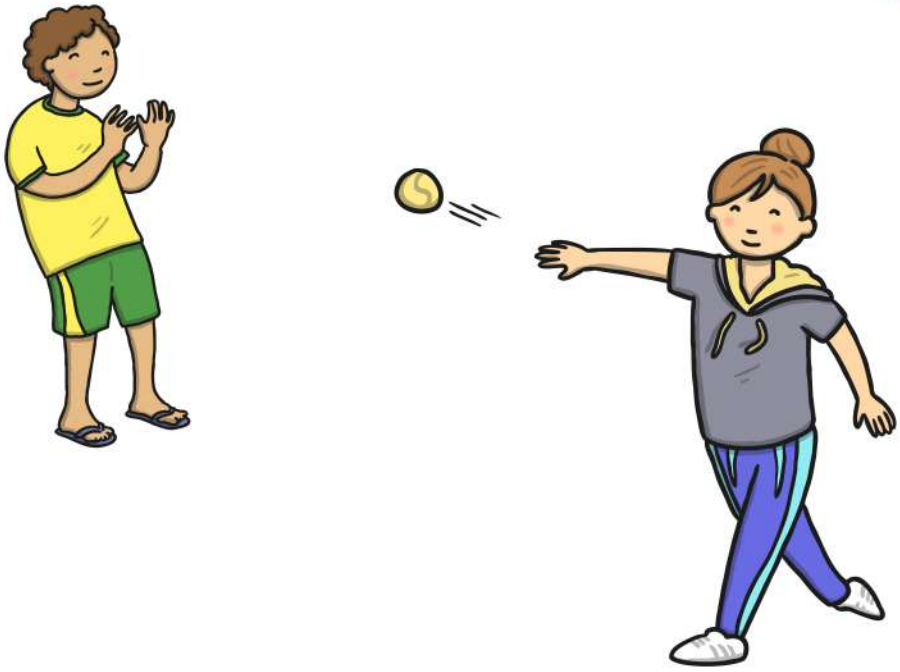

Throw and catch a ball with a friend.

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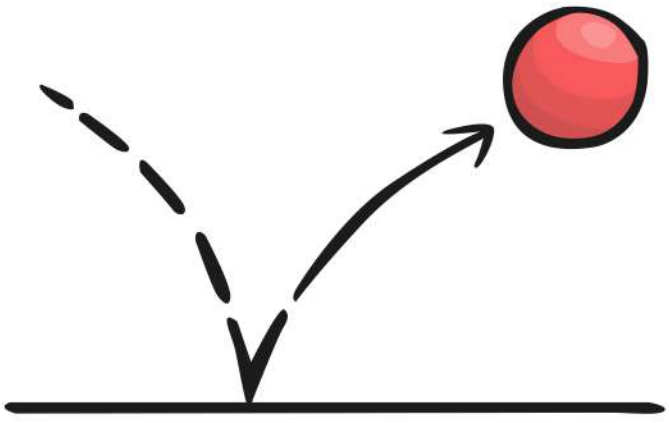

How many times can you bounce a ball?

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Make a trail and follow it.

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Do 5 star jumps.

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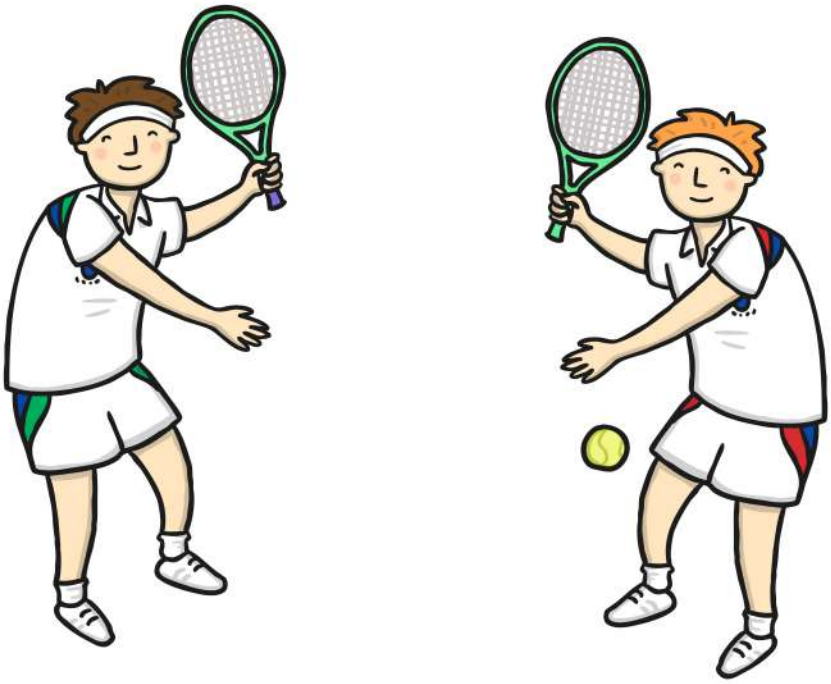

Hit a ball to your friend.

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Do 10 star jumps.

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Bounce a ball to a friend.

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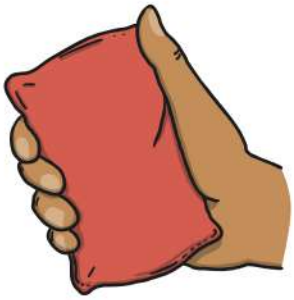

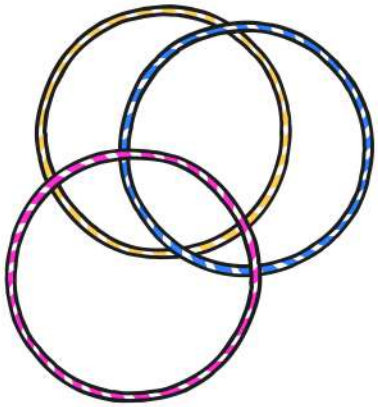

Throw 5 beanbags into the hoop.

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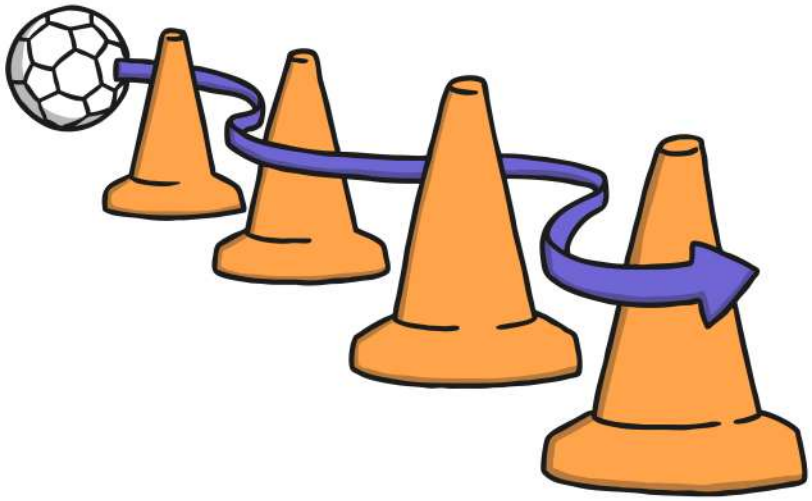

Dribble the ball around the cones.

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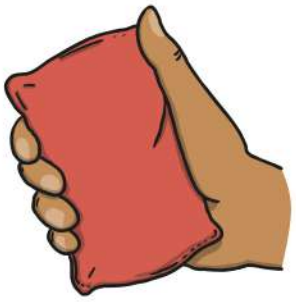

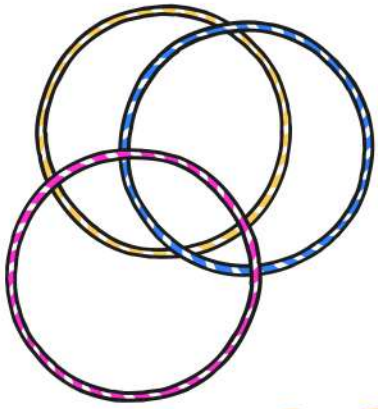

Throw 10 beanbags into the hoop.

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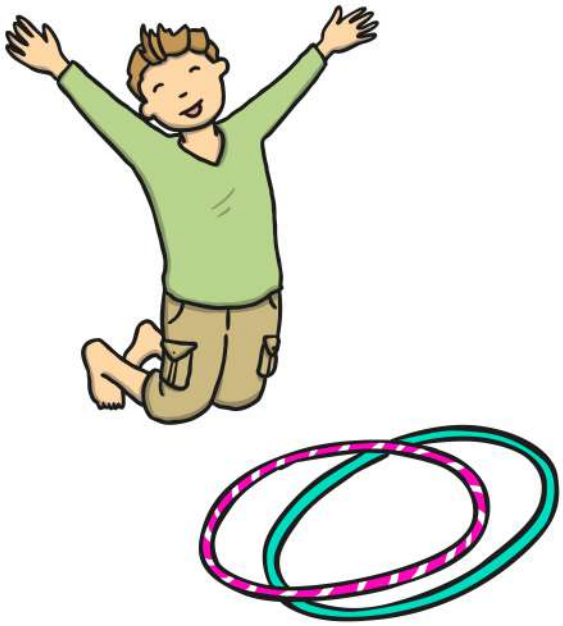

Jump between the hoops.

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How many times can you hop on one foot?

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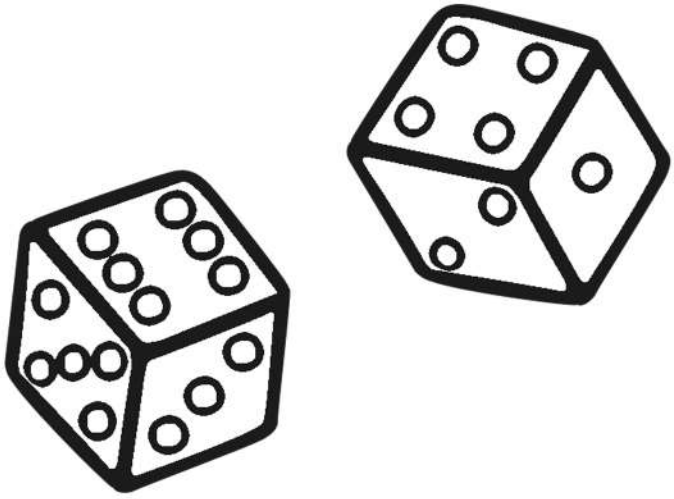

Roll a dice and then jump the number.

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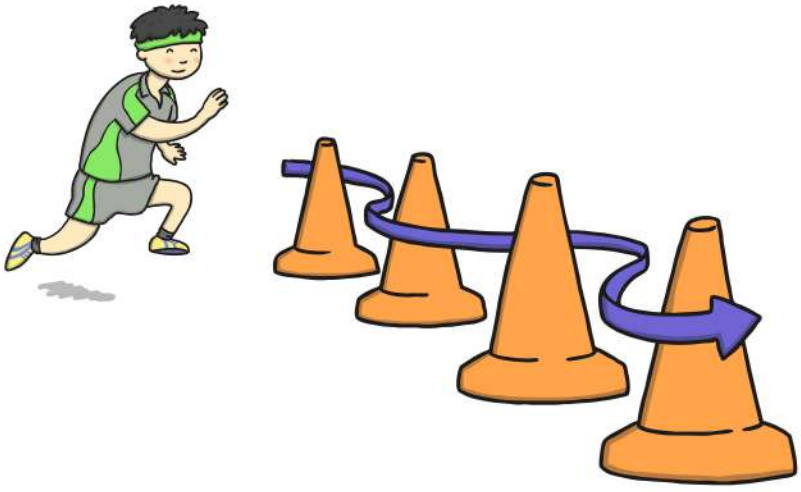

Run between the cones 5 times.

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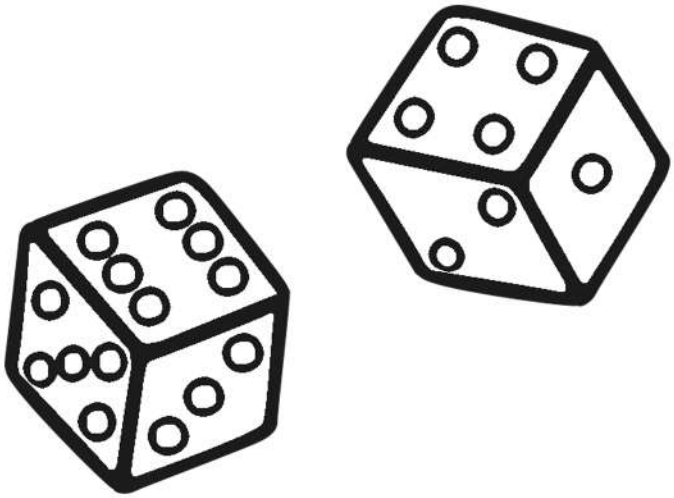

Roll a dice and then hop the number.

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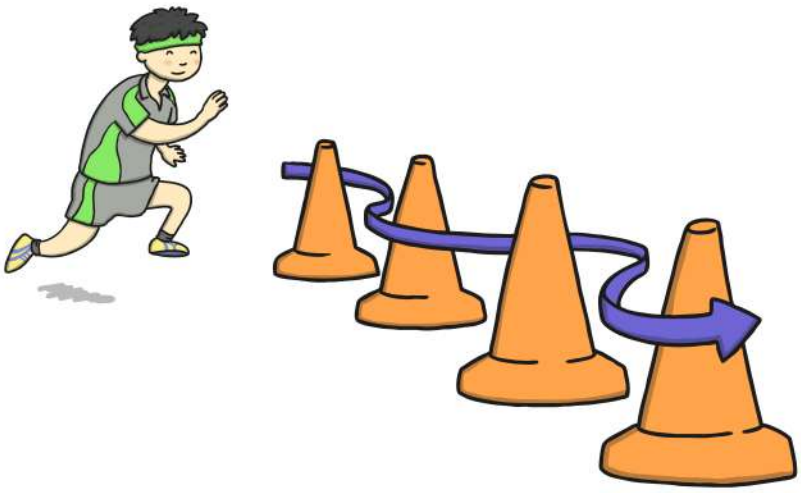

Run between the cones

10 times.

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