

- Run 100 m as fast as possible *Bronze*
- Throw and catch a ball 5m (4 times) *Bronze*
- Throw and catch a ball 10m (4 times) *Silver*
- Throw and catch a ball 15m (6 times) *Gold*
- Do a standing broad jump as far as you can *Silver*
- Do a hop, step and jump as far as you can *Gold*
- Skip 10 times *Bronze*
- Skip 20 times forward,
& 10 times backwards *Silver*
- Skip for 2 minutes *Gold*
- Dribble a soccer ball 10m *Bronze*
- Hit a ball with a bat 5 times *Silver*
- Shoot a goal through a netball hoop *Gold*

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Issue cards to Cubs and run bases for a fitness night

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