

Day 1- Test your reactions – Ball drop

Instructions:

- Kneel down facing forwards with your hands by your side, with your helper stood behind you with the ball or chosen object.
- Without warning your helper drops the ball and you must catch it.

Simplify: Your helper can say now when they drop the ball.

Video demonstration by Miss Froud & Mr Mills

[Ball Drop Video](#)

Day 5 – Test Your Balance – Toilet Roll Balance

Instructions:

- Stand up and balance a toilet roll on your forehead
- Then proceed to sit down and lay flat on your back , still balancing the toilet roll
- Finally stand all the way back up without dropping the toilet roll.

Simplify:

Sit down and stand back up whilst balancing the toilet roll instead of lying flat on your back

Video demonstration by Mrs Avery [Toilet Roll balance demo video](#)

Day 2 – Test Your Accuracy-Tea Bag Throw

Instructions:

- Position a tea cup on a table and collect a tea bag.
- Walk three big steps-this is now your throwing line.
- Throw your tea bag into the cup.

Simplify:

- You can change your tea cup with a bowl.

Video demonstration by Mr Mills [Tea Bag Throw Video](#)

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Day 4 – Test Your Speed – Step Ups

Instructions:

- You will need a set of stairs, step or curb.
- You have to complete 30 step ups in 30 secs
- Each time your feet touch the stairs it counts as 1. Both feet must go on the stairs and back down to count.

Simplify:

You must complete 26 step ups in 30 secs

Video demonstration by Mr Morris [Step Ups Video](#)

Click below for introduction video

[Introduction Video](#)

Day 3 – Test your Co-ordination Monkey Catch

Instructions:

- You will need a toilet roll for this
- You must perform 30 monkey catches in 30 secs.

Simplify:

- Complete 24 catches in 30 secs

Video demonstration by Miss Murray
[monkey catch video](#)