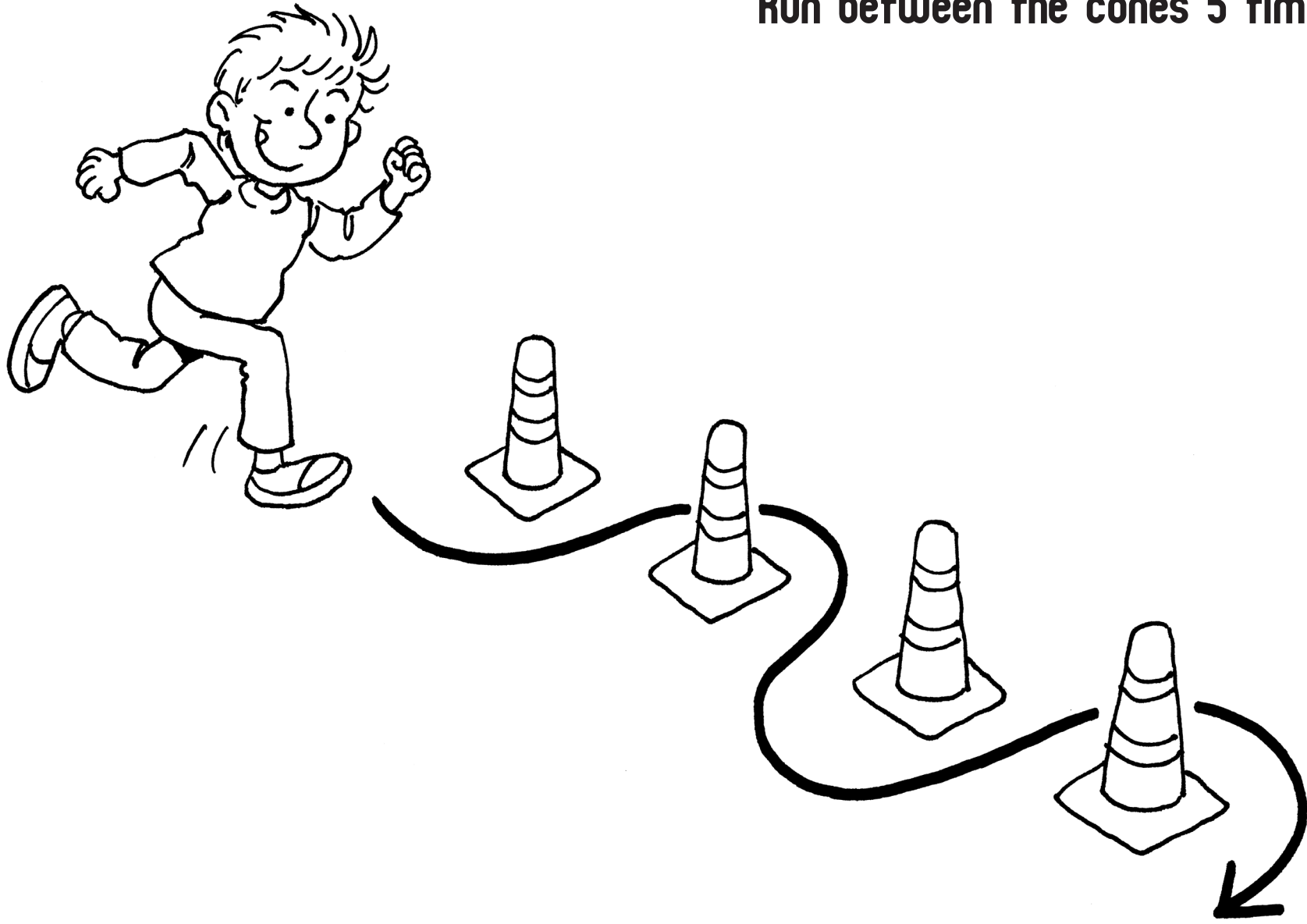


Run between the cones 5 times



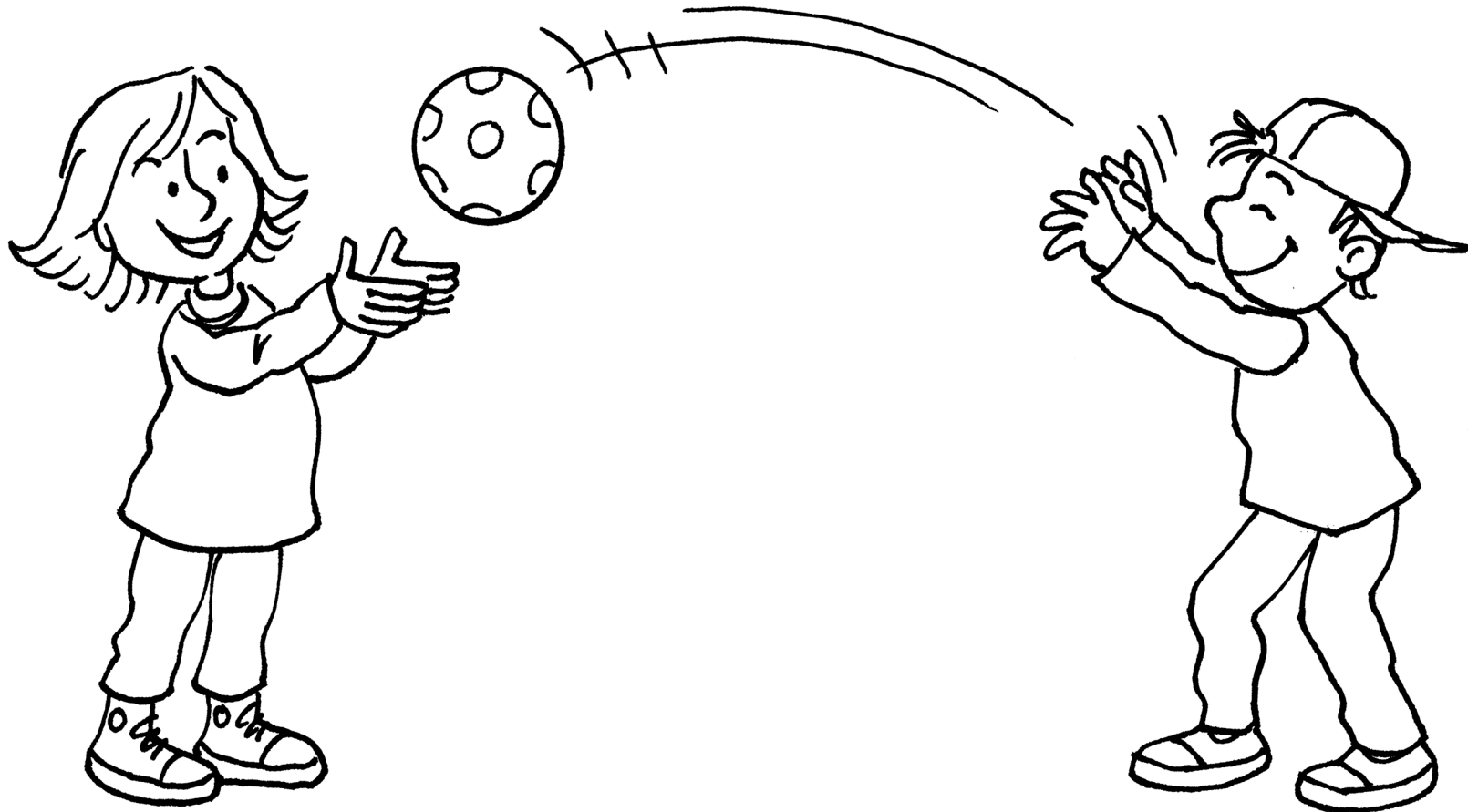
THUMBS UP! - ENGELSK I 3. KLASSE - FORLAGET MELONI

Skip 5 times



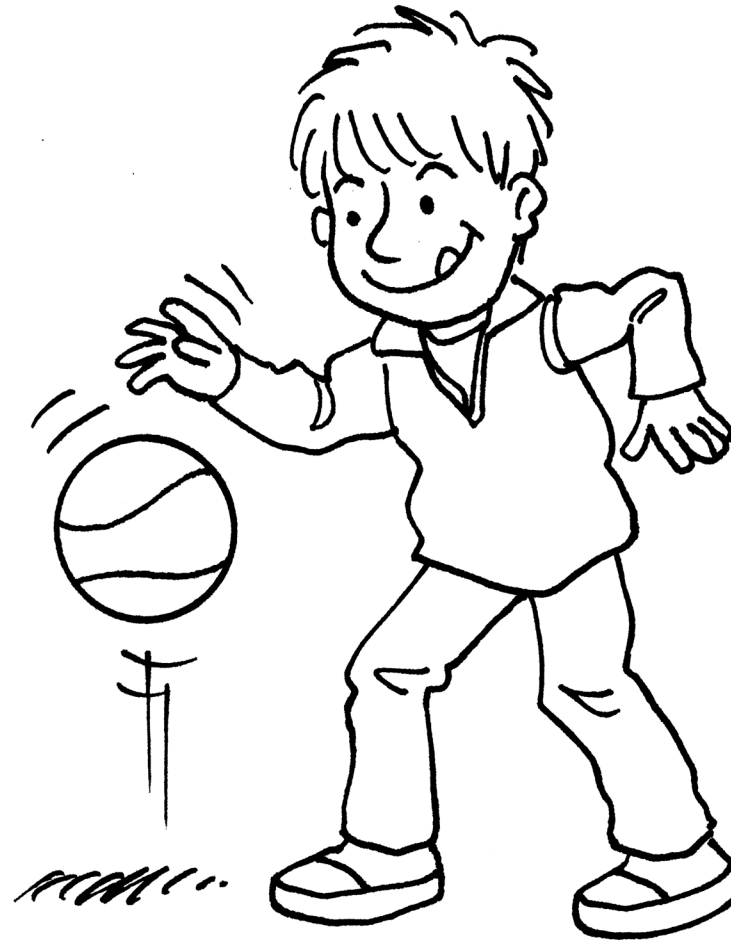
THUMBS UP! - ENGELSK I 3. KLASSE - FORLAGET MELONI

**Throw and catch a ball
with a friend 5 times**



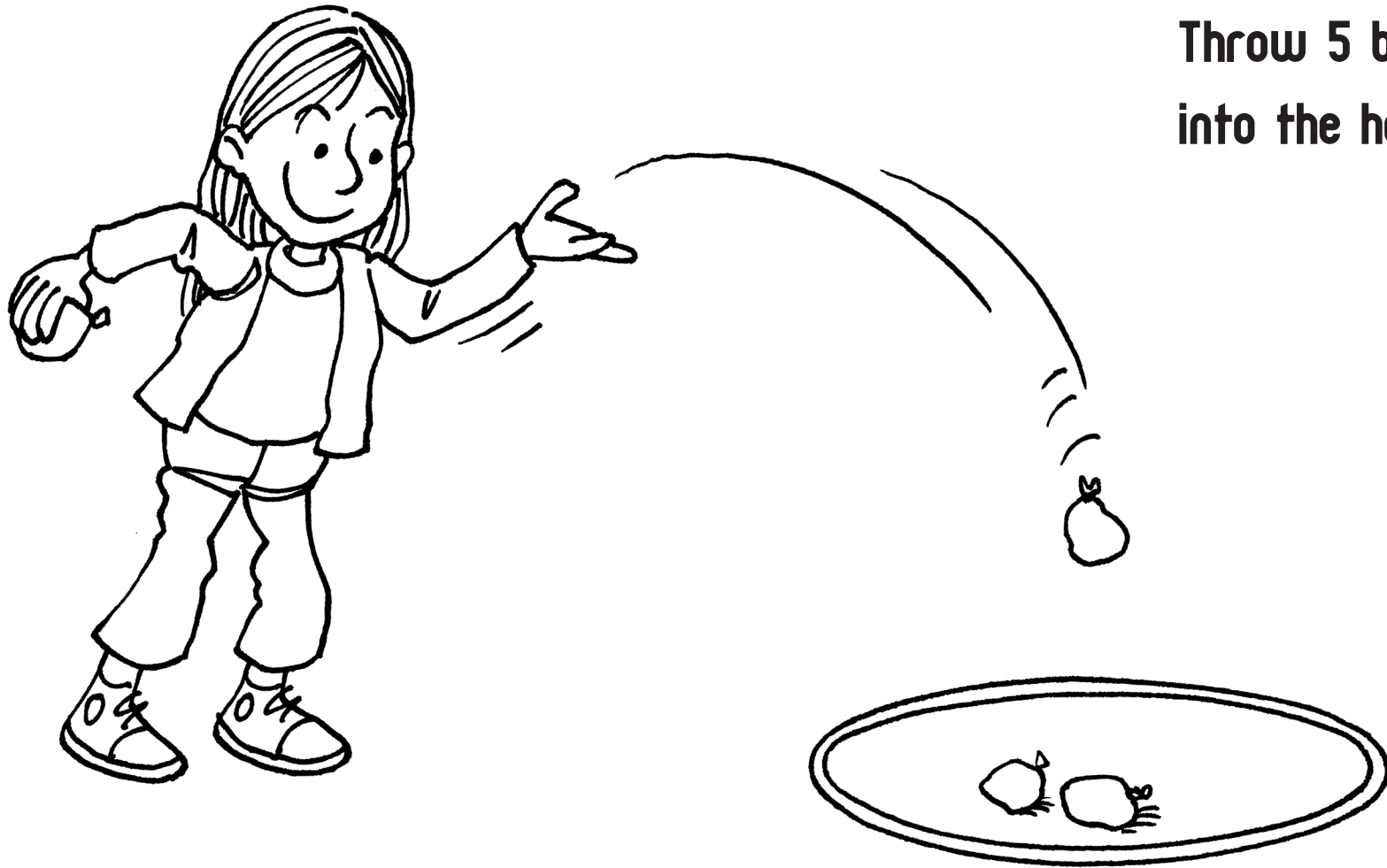
THUMBS UP! - ENGELSK I 3. KLASSE - FORLAGET MELONI

Bounce a ball 5 times

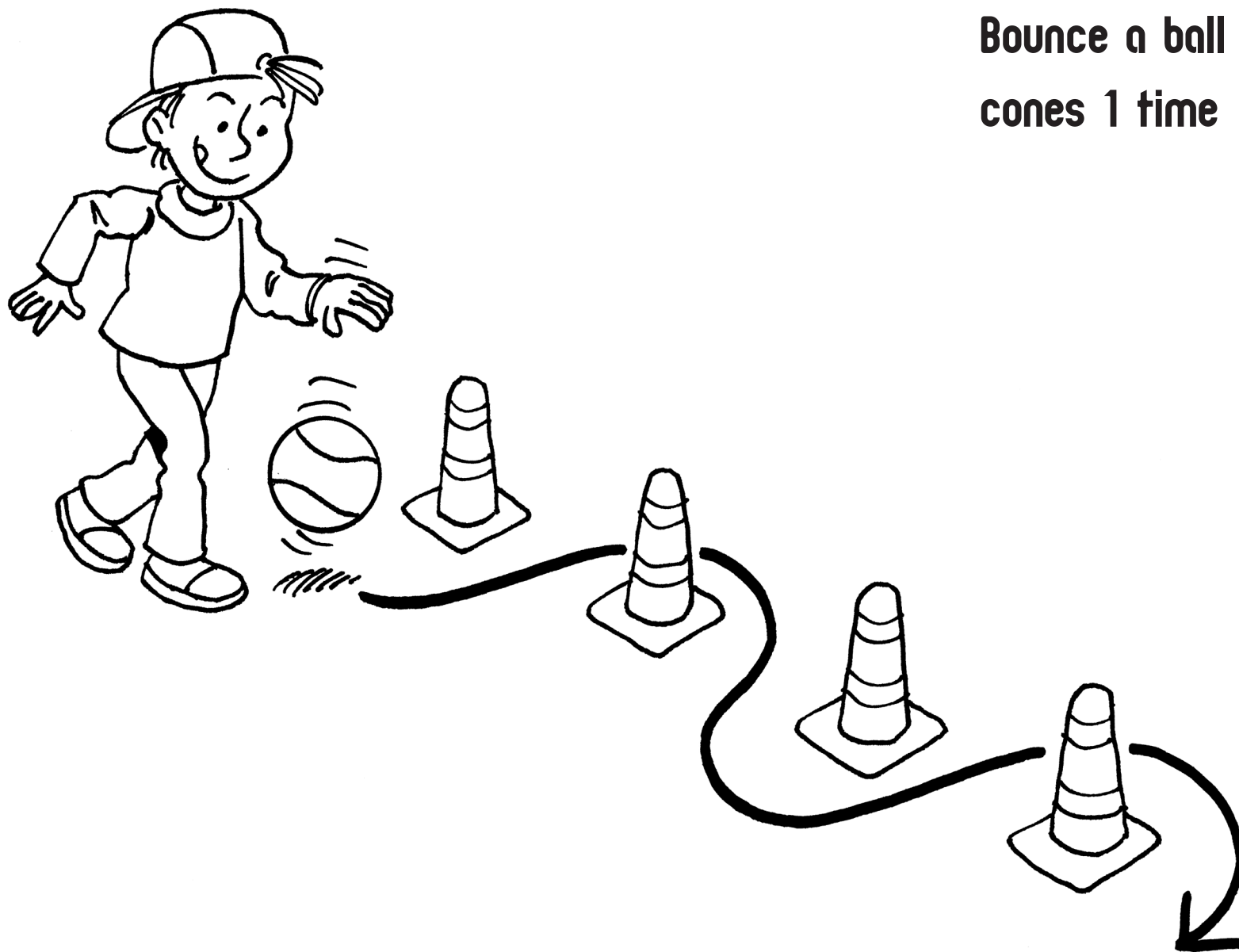




Do 5 star jumps



**Throw 5 bean bags
into the hoop**



**Bounce a ball around the
cones 1 time**

THUMBS UP! - ENGELSK I 3. KLASSE - FORLAGET MELONI

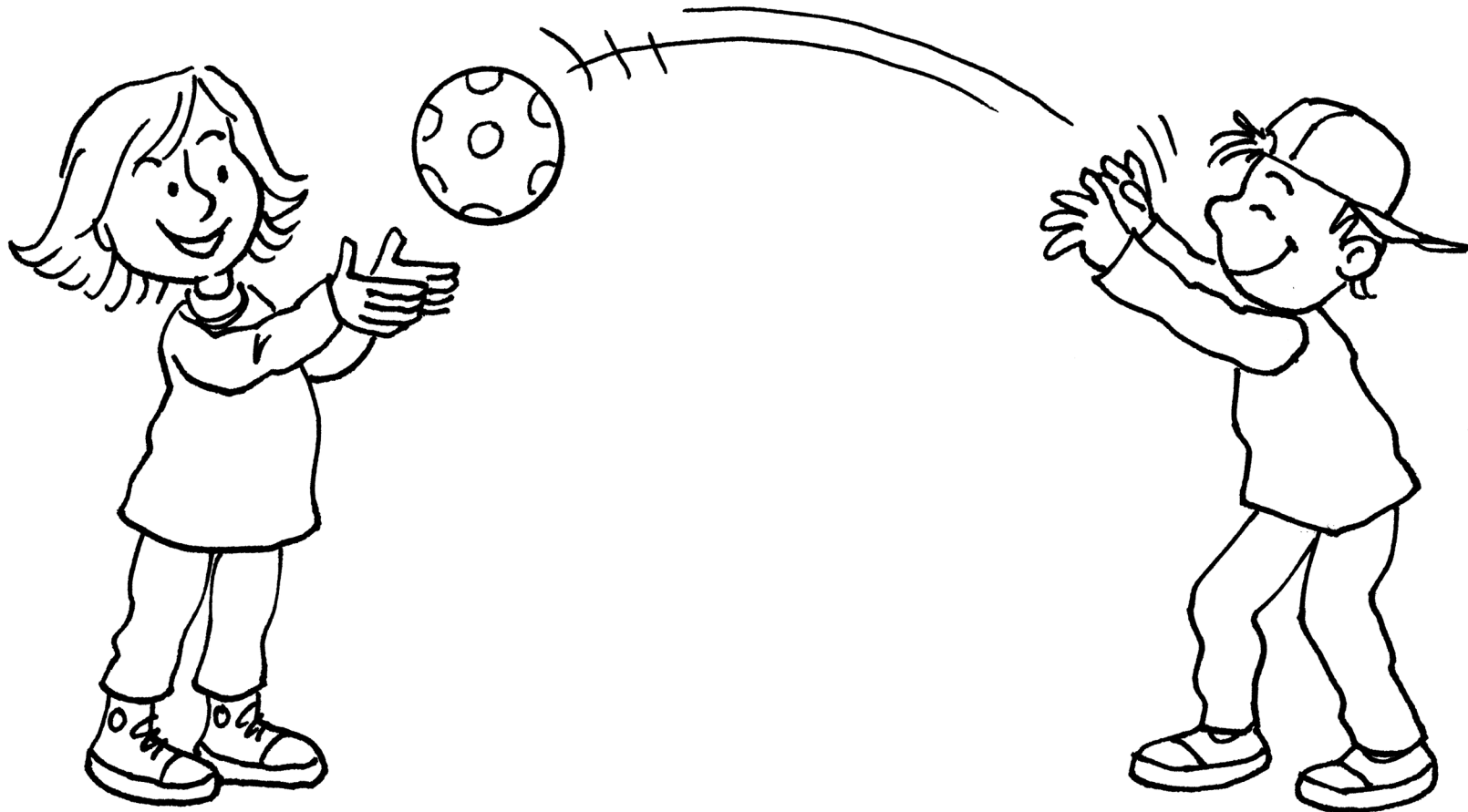
**Jump between the hoops
5 times**



Hop on one foot 5 times



**Throw and catch a ball
with a friend 10 times**

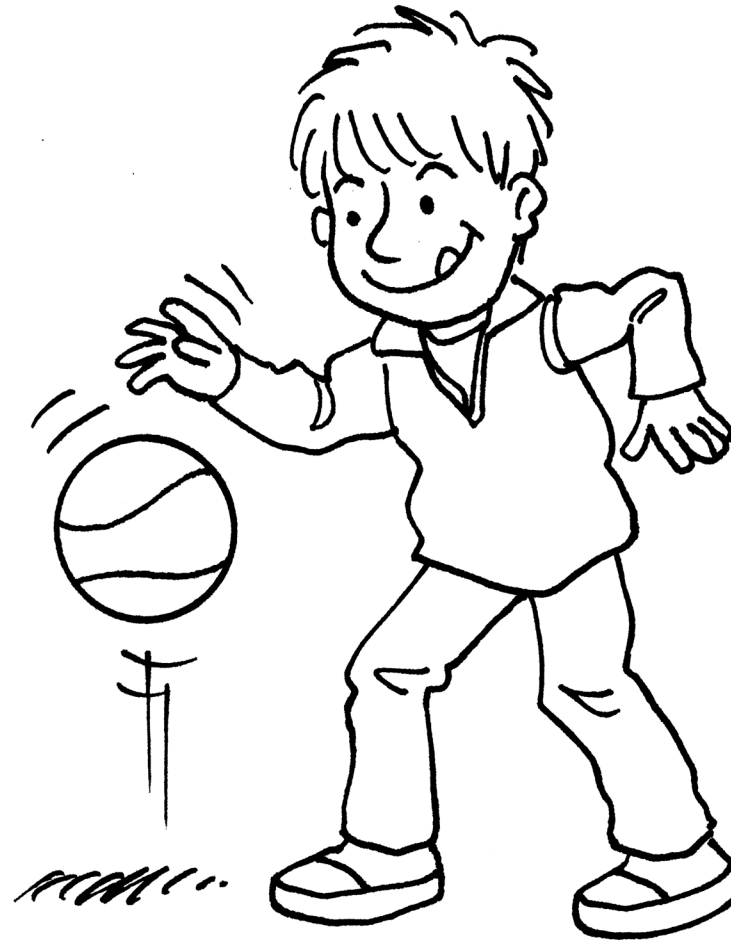


THUMBS UP! - ENGELSK I 3. KLASSE - FORLAGET MELONI



Skip 10 times

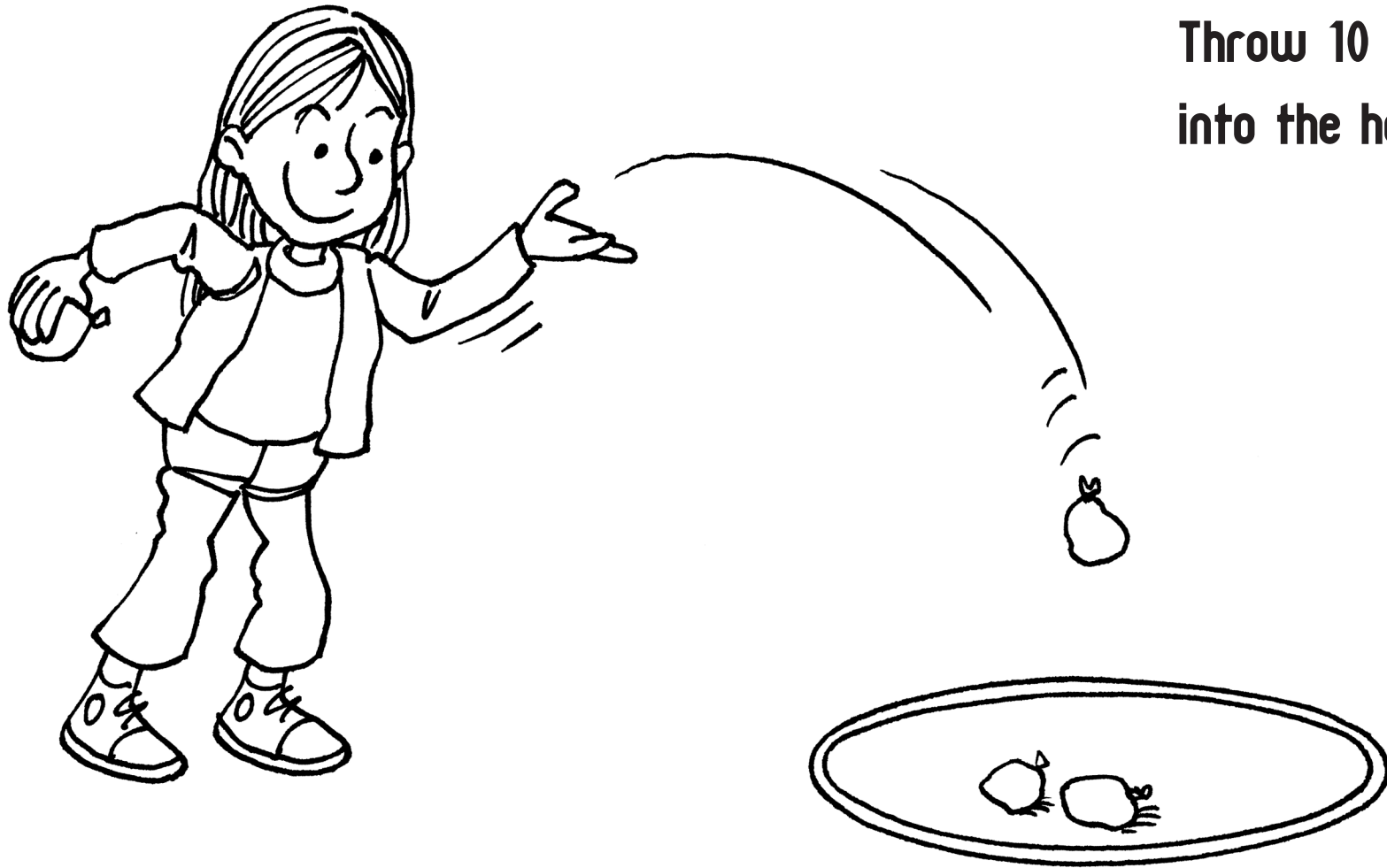
Bounce a ball 10 times



THUMBS UP! - ENGELSK I 3. KLASSE - FORLAGET MELONI



Do 10 star jumps



Throw 10 bean bags
into the hoop

**Jump between the hoops
10 times**



Hop on one foot 10 times

