

# Play time!

Cut out the files below.

Seperate the numbers in one pile and the actions in another.

Randomly chose one from each pile.

Do the action chosen the amount of times or seconds as the number chosen.

1

2

3

4

5

6

**7**

**8**

**9**

**10**

**Star  
jumps**

**Toe  
touches**

**Jog on  
spot**

**Hop on  
left leg**

**Hop on  
right leg**

**Squat**

**Push ups**

**Sit ups**

**Strike a  
pose**

**Balance  
on left leg**

**Balance on  
right leg**

**Clap hands**

**Dance**

**Burpees**

**Hold arms  
out to the  
side**

**Hold arms  
up to the  
sky**