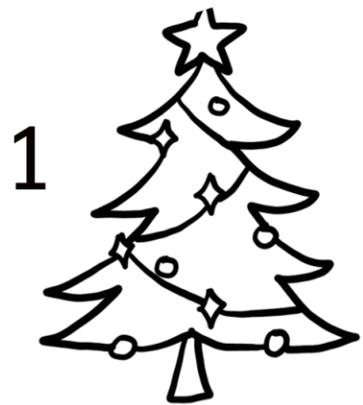


Merry Christmas



1 Christmas Tree Climbers



2 Santa Squats



3 Snow Strides
(run taking long strides)



4 Pretend you're flying Santa's Sleigh



5 Snowball target throw



6 Present Throw
(passing a ball in pairs or group)



8 Imagine you're asleep waiting for Father Christmas



9 Pair up and play follow the Elf!



7 Dance to your favourite Christmas song



13 Christmas Star Jumps!



12 Wreath toss! (hoop or quoite)



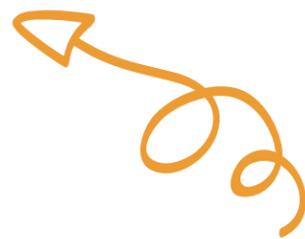
10 Jack Frost Tag



11 Christmas cake balance (beanbags on heads!)



Tick off one activity for each school day in December!



Colour in the pictures too!