

HALLOWEEN CHALLENGE CARDS

12 spooky movement challenges • print, cut out and laminate



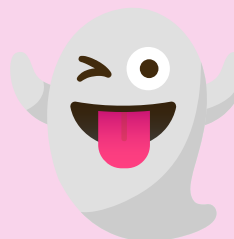
Moving PE Forward

1



Monster Squats ×10

2



**Balance like a Ghost
for 20 seconds**

3



**Throw 5 beanbags into
the Cauldron**

4



Zombie Walk relay

5



Bat Flight – 15 side steps each way

6



Jump across the Haunted River five times

7



Keep the Ghost Balloon in the air for 30 seconds

8



Balance a beanbag on your head for 20 seconds

9



Skeleton Stretch – hold five stretches for five seconds each

10



Partner Witch Pass – complete 20 accurate passes

11



Black Cat Balance along a line

12



Invent your own spooky movement challenge!