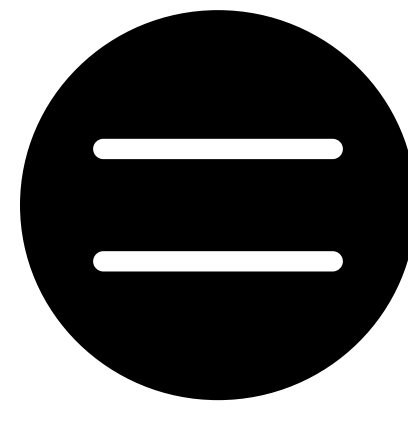
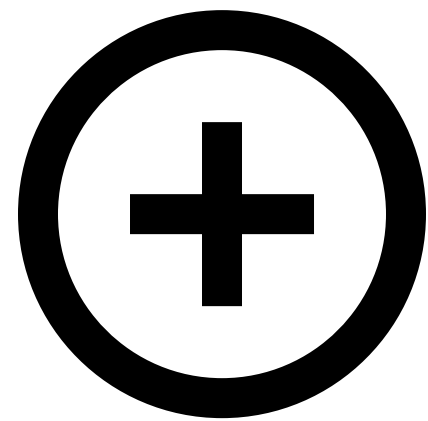


FLIP BATTLE

Stand on spot, then turn to face a partner. Do a flip battle challenge with them (on the count of three, flip your cones at the same time). Look below to reveal the activities.

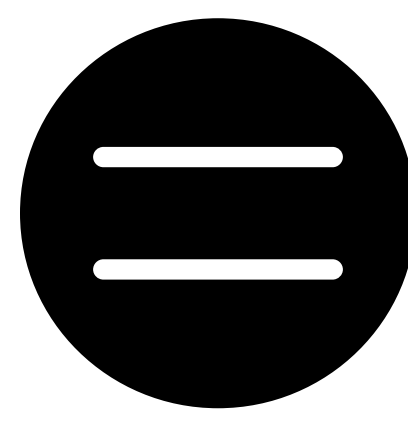
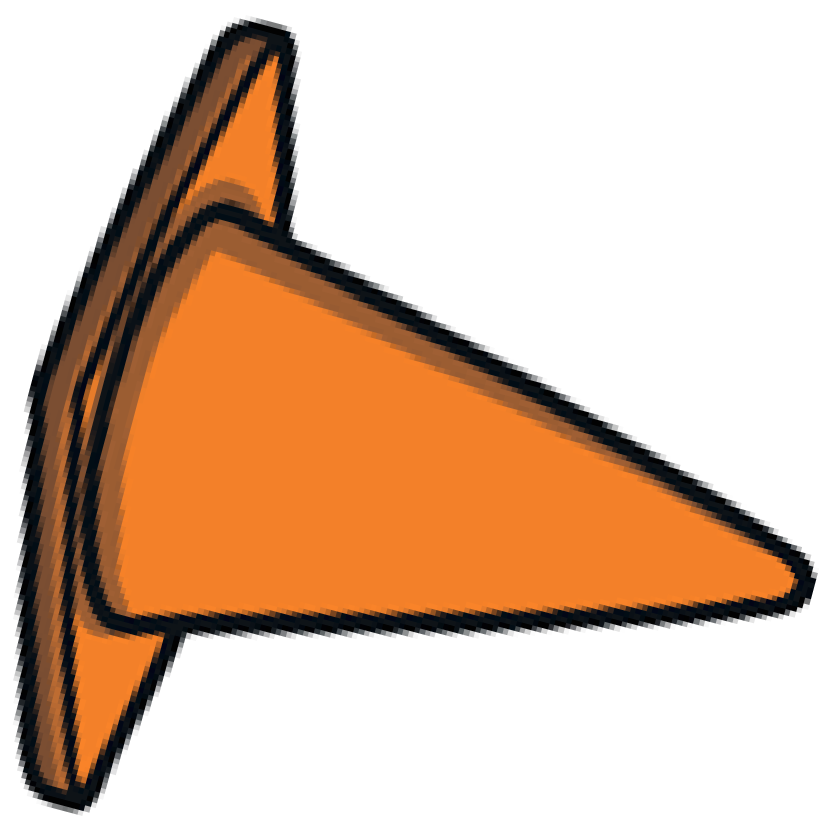
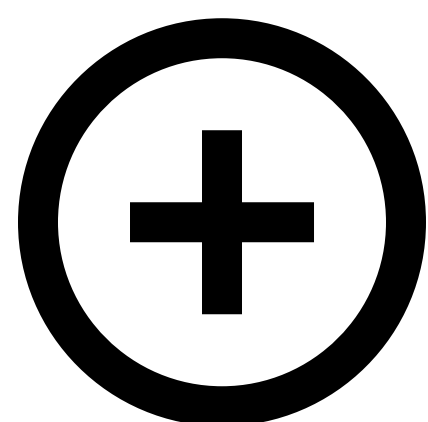
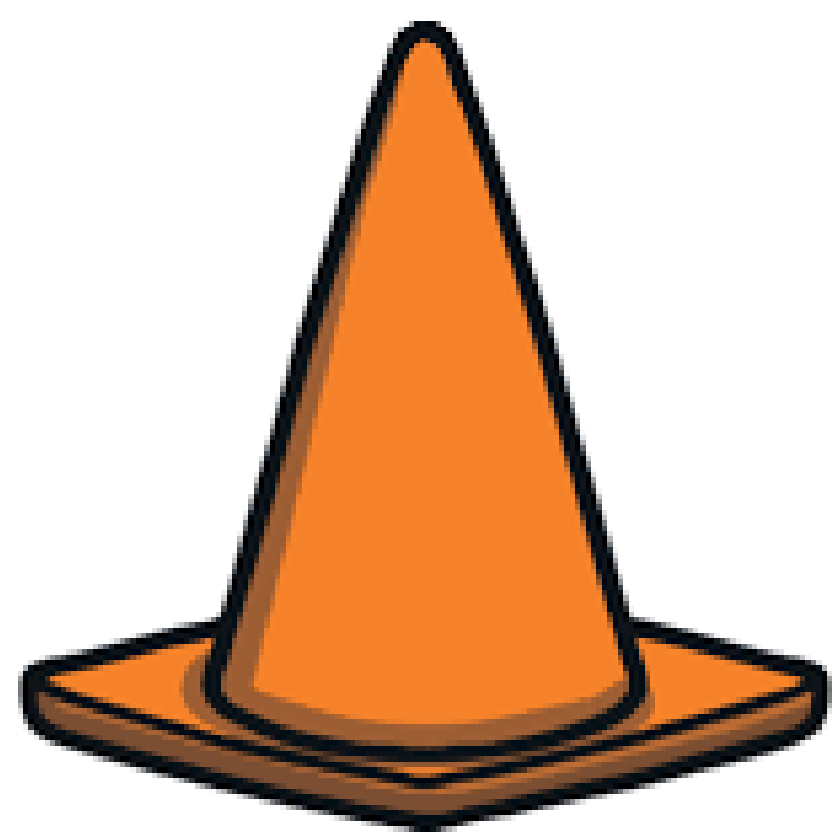
Consider having partners create their own activities poster.



Chicken Jacks

OR

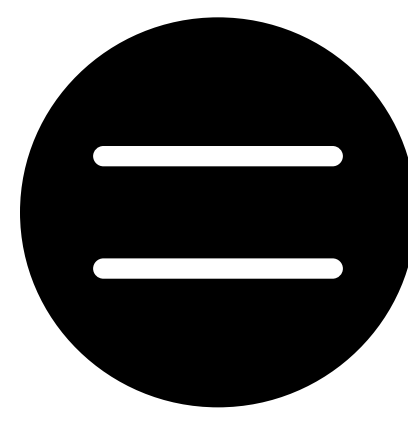
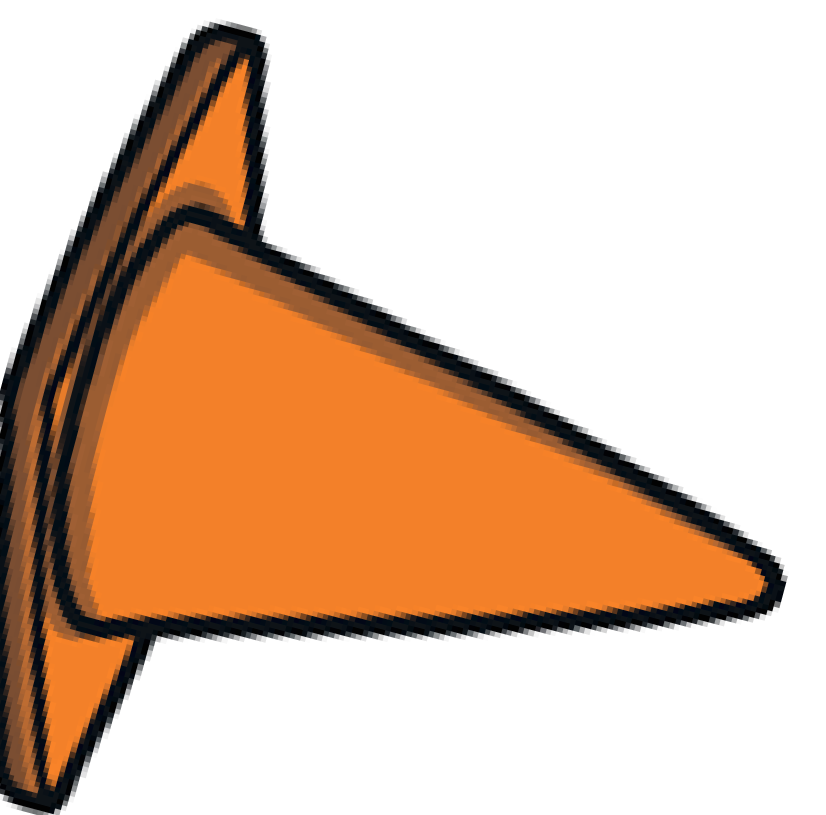
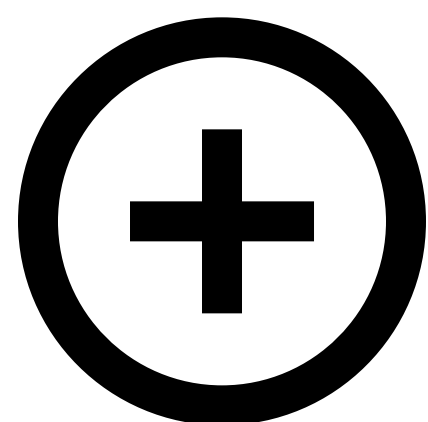
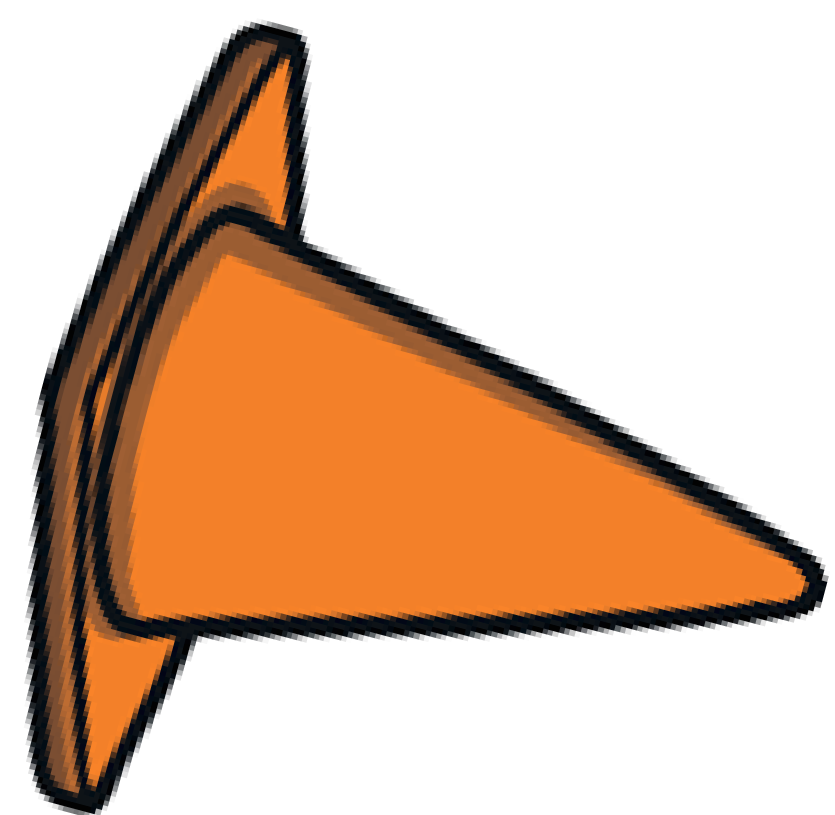
Jumping Jacks



High Knees

OR

Squat Jumps



Plank

OR

Push-Ups

