**Mr. Norton’s Gross Motor skills activity group**

1. Throw a tennis ball in the air with two hands and catch it with two hands. Repeat ten times.
2. Throw a tennis ball in the air with your right hand and catch it with your right hand. Repeat ten times.
3. Throw a tennis ball in the air with your left hand and catch it with your left hand. Repeat ten times.
4. Bunny hop on two feet ten times.
5. Hop and land on your right foot ten times
6. Hop and land on your left foot ten times.
7. Dribble a football using your feet around a cone/jumper 5-10 meters away and back to where you started. Repeat 5 times.
8. Walk/Run with a football and bounce it with your hands after every 4 steps around a cone/jumper 5-10 meters away and back to where you started. Repeat 5 times.
9. Take ten shots at a goal/target. Can use cones/jumpers etc. for the goalposts.