100 Actions on 100’s Day

Check each activity when complete

10 Marching Steps
10 Jumping Jacks
10 Toe Touches
10 Skips with a Rope
10 Metre Run
10 Hula Hoop Spins
10 Throws and Catches with a Friend
10 Hops on 1 Foot
10 Ball Bounces
10 Jumps on 2 Feet

______________________________
NAME

completed 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 = ____ actions on 100's Day.