**ANKYLOSAURUS ROLL**

**EQUIPMENT**
- 2 markers
- 1 ball

**SET UP**
Set up 2 markers, 3 steps apart.

**TO PLAY**
Starting at 1 marker with the ball in your hand, roll the ball along the floor to the other marker using hands only (like an Ankylosaurus tail). Then return to your 1st marker. Repeat.

**SCORING**
Complete as many shuttles as possible in 60 seconds. You score 1 point for every cone reached.

**TOP TIP:** Use left hand for the left cone & right hand for the right cone.

**VELOCIRAPTOR SPRINTS**

**EQUIPMENT**
- 2 markers

**SET UP**
Set up 2 markers, 3 large steps apart.

**TO PLAY**
Starting at 1 cone, run around the 2 cones (circuit) with high knees, trying to touch your hands raised in front of you like a velociraptor. Repeat.

**SCORING**
Complete as many shuttles as possible in 60 seconds. You score 1 point for every cone reached.

**TOP TIP:** Keep your back straight & knees high.

**BRONTOSAURUS EGG**

**EQUIPMENT**
- 1 ball

**SET UP**
- 2 markers, 3 large steps apart.

**TO PLAY**
Stand with your feet shoulder width apart. Place the ball on the ground between your legs. Roll the ball on the ground around your legs in a figure of 8. Repeat.

**SCORING**
Complete as many figure of 8s as possible in 60 seconds. 1 point every time it goes around a leg.

**TOP TIP:** Use both hands; Try different sized balls to see which is easiest for you.