

Play - Would you rather?

Place the 'would you rather' cards around the house and garden (see below). If you can, pair children up or play with your child. Each pair/groups should answer what they would rather do on the task card, then complete the associated task.

Encourage children to work quickly and at high intensity. Each child should finish the task and then move to the next station.

Extension:

Can you make up your own 'would you rather' questions and activities? Write them out on paper and give them to a parent/sibling to try!



1
WOULD YOU RATHER?

Climb a mountain in the snow

Climb a sand dune in the sun

Do five sit-ups

Do five star jumps

2
WOULD YOU RATHER?

Swim to France with no goggles

Run a marathon with no trainers

Ten hops left leg, ten hops right leg

Five air squats

3

WOULD YOU RATHER?

Sail a yacht in a storm

Do a parachute jump

Do five push-ups

Run on the spot for fifteen seconds



4

WOULD YOU RATHER?

Go rock climbing

Go caving underground

Jump on the spot for fifteen seconds

Jump as high as possible three times

5

WOULD YOU RATHER?

Compete in the Olympics

Commentate on the Olympics

Two footed jump as fast as possible three times

Lie down on your back and get up five times

6

WOULD YOU RATHER?

Dance on the stage for the Queen

Compete on 'Strictly Come Dancing'

Skip on spot for fifteen seconds

Lie on tummy and stand up five times

7

WOULD YOU RATHER?

Ride a unicycle

Ride a tandem bike

Five tuck jumps

Plank hold on hands or elbows for fifteen seconds



8

WOULD YOU RATHER?

Stand still all day

Not speak all day

Balance on left foot for fifteen seconds

Dish hold for fifteen seconds

9

WOULD YOU RATHER?

Have feet for hands

Have hands for feet

Balance on right foot for fifteen seconds

Arch hold for fifteen seconds

10

WOULD YOU RATHER?

Play 24 hours of badminton

Dance for 24 hours

Balance on tiptoes for fifteen seconds

Balance on heels for fifteen seconds