



Rugger Pups Physical Challenges (1 of 4)

Rugger Pups · ruggerpups.com



Name _____ Date _____

Grown-ups: please supervise and clear a safe space first. Tick each challenge when it's done, then cut out the cards to keep!

☐ Pass Pals

W · Work Together

Age 4+ · 5 mins · Players: 2+ · Kit: Soft ball or rolled-up socks

1. Stand two big steps from a partner.
2. Pass a soft ball or rolled-up socks to each other with two hands.
3. Count how many passes you can make without a drop.

Safety: Use something soft and keep the space clear of anything breakable.

Think about it: How many passes did you make? Can you beat your score?

My score: _____

☐ Pup Balance

S · Stay Safe & Strong

Age 4+ · 3 mins · Players: 1+ · Kit: None

1. Stand on one leg like a pup on lookout.
2. Hold it while you count to 10.
3. Swap legs and try again.

Safety: Stand near a wall or a grown-up for support.

Think about it: Which leg was easier to balance on?

My score: _____

Unleash the fun!



Rugger Pups Physical Challenges (2 of 4)

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☐ Try Line Dash

P · Play with Purpose

Age 5+ · 5 mins · Players: 1+ · Kit: Soft ball, 2 cushions or cones

1. Make a start line and a try line with cushions or cones.
2. Hold your ball in two hands and jog to the try line.
3. Place the ball down gently and shout "Try!"

Safety: Check the floor is clear and not slippery. Indoors, walk quickly instead of running.

Think about it: How many tries can you score in one minute?

My score: _____

☐ Kind Coach

A · Always Be Kind

Age 4+ · 5 mins · Players: 2+ · Kit: None

1. Watch a friend or family member do a challenge.
2. Tell them one thing they did really well.
3. Swap roles so you get a turn too.

Safety: Kind words only. Everyone gets a turn.

Think about it: How did it feel when someone cheered for you?

My score: _____

Unleash the fun!



Rugger Pups Physical Challenges (3 of 4)

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☐ Side-Step Snake

P · Play with Purpose

Age 5+ · 5 mins · Players: 1+ · Kit: 4 soft objects (cushions, socks, cones)

1. Lay out 4 objects in a wiggly line.
2. Side-step in and out of them without touching.
3. Try it again a little faster.

Safety: Leave plenty of room between objects. Use soft objects you will not trip over.

Think about it: Can you do the wiggly line backwards?

My score: _____

☐ Team Tunnel

W · Work Together

Age 4+ · 5 mins · Players: 2+ · Kit: Soft ball

1. One person makes a bridge with their arms and legs.
2. The other person rolls the ball through.
3. Swap and see who can roll it straightest.

Safety: Roll the ball, never throw it at someone.

Think about it: What helped you roll the ball straight?

My score: _____



Rugger Pups Physical Challenges (4 of 4)

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☐ Statue Pups

S · Stay Safe & Strong

Age 3+ · 5 mins · Players: 2+ · Kit: None (music is optional)

1. Jog on the spot or dance while a grown-up plays music or claps.
2. When the music stops, freeze like a statue.
3. If you wobble, do 3 star jumps.

Safety: Keep away from furniture and sharp corners.

Think about it: What was your funniest statue pose?

My score: _____

☐ High-Five Relay

A · Always Be Kind

Age 4+ · 5 to 10 mins · Players: 3+ · Kit: 1 marker (cone, cushion or shoe)

1. Line up with a family team.
2. Jog to a marker and back, then high-five the next person.
3. Cheer every runner on.

Safety: Gentle high-fives and a clear path. Best outdoors or in a large hall.

Think about it: How did your team cheer each other on?

My score: _____

Unleash the fun!