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| Stepper | Delivery | Equipment |
|  | * Judge sets an 8 metre course with stepper mat in middle * On signal child sprints through mat (one foot in each area) to end and returns and repeats – a total of 4 crossings * Judge stops stopwatch once child has run through finish | * Infant Hi Stepper * Stopwatch * Whistle * Cones |
| Bouncer | Delivery | Equipment |
|  | * Child stands two footed on one side of the mat * On signal child leaps from one side to the other * Child uses two footed landings * Record number of clean bounces in 20 seconds * Do not record straddled or wedged landings | * Infant Speed Bounce * Stopwatch |
| Thrower | Delivery | Equipment |
|  | * The child stands behind the “0” on the measuring strip * Then using one hand throws the javelin as far as possible. * Measurement is to the nearest 25 cm where the javelin first lands | * Measuring strip or measuring tape * Mini javelins |
| Balancer | Delivery | Equipment |
|  | * A judge offers a forearm for a stable start * The child stands one footed position along the beam (not across) * The judge starts to time when the child releases their arm * The time stops when the child touches the floor or when time reaches 15 secs * The child has a go on their right foot then their left foot | * Balance beam * Stopwatch |

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| Jumper | Delivery | Equipment |
|  | * The child stands behind the start line * Then leaps out onto the landing area * Both take-off and landing are on two feet * Measurement is where the closest heel to the start line lands | * Jump mats |
| Pitcher | Delivery | Equipment |
|  | * Child stands at start line which is 2 metres behind the mat. * All colour beanbags are thrown with the aim of landing in the corresponding colour areas. * One point is scored for each bag landing in the colour zone | * Target strip with wedges * 8 beanbags (four colours) |
| Runner | Delivery | Equipment |
|  | * Shuttle run of four lengths of 10 metres * Child begins at the start line * On signal, judge starts stopwatch * Child sprints to far end and returns to start and repeats * Judge stops stopwatch once child has run through finish | * Cones for markers * Stopwatch |
| Launcher | Delivery | Equipment |
|  | * Child stands at “0” of measuring strip * Ball is launched from chest with elbows high * Child remains behind start * Measurement is to the nearest 25 cm where the ball first lands | * Measuring strip * Size 3 football * Cones |