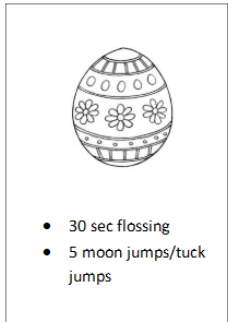




Easter Egg Challenge Game

You will need: Paper, scissors, colours, sellotape, food tins or recycled items (i.e. cereal packet, yoghurt tub)

1. Draw, colour and cut out 6 Easter eggs on paper. (one example below).
2. Write out the fitness feats.
3. Attach your cut outs to the tins or recycled item.



Game 1 – you will need a hider and a seeker. The hider hides all the eggs indoors or outdoors. The seeker finds all the eggs and brings them back to a chosen base. Together perform the fitness feats.

Game 2 – Divide the eggs between you and a family member. Hide and seek the eggs together. Take turns reading out and performing the fitness feats.

Choreograph a dance or learn a dance routine
Check out Oti Mabuse for some inspiration at

https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g



Create your own indoor or outdoor obstacle course using anything you can find! Take photos of it or a video explaining how to set up your course and what you have to do!



Get moving with GoNoodle, Cosmic Yoga or Yoga for Teens with Adrienne!

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>
<https://www.youtube.com/watch?v=7kgZnJqzNaU>

Do a workout with Jumpstart Johnny – choose from Energizers, Challenges, Chillouts or Mindfulness

<https://www.jumpstartjonny.co.uk/home>

Go for a walk, take some photos or draw some of the sights/wildlife you see. Use your phone, fitbit or step tracker to count your steps.

Design a fitness routine and put your family through their paces!

