Active fun

P1-3

Choreograph a dance or learn a dance routine

Keep a balloon up in the air game

Be superheroes for a day with capes - what will be your superpower?

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

Easter egg challenge

Make up your own game/sport. Try out how many socks you can ‘score’ into the washing basket. Try tin can bowling inside or outside. Get creative! Take photos/videos of your game.

P4-7

Choreograph a dance or learn a dance routine

Design a fitness routine and put your family through their paces

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

Easter egg challenge

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>

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!

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.