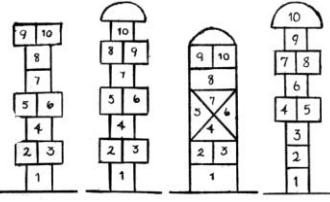




BOLSOVER DISTRICT
School Sport Partnership

Get Active this EASTER

15 activities to get you moving!

<p>Can you design a map of your house, garden or even just one room? Hide an egg and mark on your map where you have hidden it. Give it to a family member and see if they can find the hidden egg!</p>	<p>Go on a spring watch walk.</p> <p>Can you find the following;</p> <ul style="list-style-type: none"> • Daffodils • Tulips • Something egg shaped • A tweeting bird 	<p>Can you take part in the Cosmic Yoga 'Bunny Bounce'</p> <p>https://www.youtube.com/watch?v=9gV85rd3yTc</p>	<p>Can you draw 4 different coloured/patterned eggs as big as you can on 4 x A4 pieces of paper?</p> <p>Cut them out and place them on the floor in different places. Use them as targets by throwing socks at them. Move them around and try again!</p>	<p>Can you use your body to make different alphabet letters? Can you spell out the following words;</p> <ul style="list-style-type: none"> - Rabbit - Easter - Carrot - Chocolate <p>What else can you spell? Get a family member to guess!</p>
<p>Can you mark out a hopscotch on the floor – you could use chalk outside or masking tape on carpet.</p> <p>Can you do different patterns?</p> 	<p>Can you do some Easter dancing, you must include movements that represent the following words;</p> <ul style="list-style-type: none"> - Springing - Growing - Swirling - Flowering 	<p>Have a walk and see if you can find 1 thing that begins with these letters;</p> <p>E-A-S-T-E-R</p>	<p>Decorate a balloon like an Easter egg – then play this game from Change 4 Life</p> <p>https://www.nhs.uk/10-minute-shake-up/shake-ups/woodys-antique-shop-dash</p>	<p>Make an obstacle course, but you must be able to jump like a bunny round it!</p> <p>Can you hop as well?</p> <p>No walking or running!</p>
<p>Can you spell out the following words using our Physical Activity Alphabet;</p> <ul style="list-style-type: none"> - Happy - Easter - Carrot - Rabbit 	<p>Read the Easter Bunny – Crime Fighter, Active Storytelling.</p> <p>https://drive.google.com/file/d/1uYGGKqS2K43LQnTHvtWJWQ_5zAV_OxS/view</p>	<p>Draw a big Easter egg and then cut it in to jigsaw pieces. Can you then hide the pieces around the garden or a room and challenge a family member to find them. May be you could time them!</p>	<p>Can you play eye spy with your family, using these letters;</p> <p>S-P-R-I-N-G</p>	<p>Have a dance party in the garden with your family.</p>