



Family Easter Activity Challenge

MOVE IT MONDAY

Have an egg and spoon race with your family either inside or out.

Use boiled eggs, potatoes, ball of socks or small balls on your spoons

Make it easier by using a big spoon or more challenging with a smaller spoon



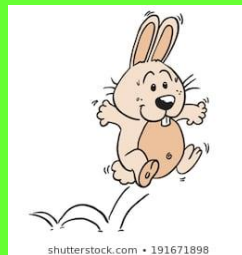
TARGET TUESDAY

Each member of the family decorate a boiled egg and then create a course / hill and race your eggs down the course / hill or roll to a target. Whose egg will win?



WORKOUT WEDNESDAY

Set up a course inside or out. Have a hopping race on your right leg then on your left leg. Have a 2 footed jumping race. Create an obstacle course and race your family



TEAM GAME THURSDAY

'Filling the Nest' Choose ten items from the kitchen - place at the end of the garden / front room / yard. Split into 2 teams and have a RELAY race to see which team can fill their nest first. (nest can be a bucket / container. Then reverse and empty the nest.



FUNKY FRIDAY

Choose your favourite tune & create a family dance routine Can you video it and watch it back as a family?



SPORTY SATURDAY

Pass the egg - Using easter or boiled eggs. Split the family into two teams . Hop like the 'Easter Bunny' with the egg to the next person who hops and delivers to the next. (Set a time limit and see how many times the egg is delivered)

Partner everyone up & then throw and catch a water balloon /boiled egg . Each pair starts close together and gradually steps back after each throw. The pair that lasts the longest without dropping wins!

SKILFUL SUNDAY

Dress up in bright colours and then spell out the words HAPPY EASTER using every member of your family to create each letter with their body. Take it in turns to either help create the letter or be the photographer. Can you create a poster with your photos?





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MOTIVATION MONDAY

Can you move an Easter egg /boiled egg around the house / garden / yard in 2's or more, going over your heads and under your legs alternately without dropping the egg.

Create a course, time yourselves and then do it again and see if you can beat your time.



TRAINING TUESDAY

Using an old cereal box, toilet roll and sellotape - Create an egg basket/s - pass a boiled/easter egg like a hot potato and catch it in your basket/s-keep it moving until it cracks (pass around amongst your family, use a high pass, low pass but DON't let it fall!!!!). How many passes can you make?



WHIZZY WEDNESDAY

wheel barrow races to collect an egg and run back throwing and catching the egg. (Make sure you hold your partner above the knee not round the ankles)

Mark out a relay shuttle course. Run there & back. Use a rolling pin as a baton to pass to the next person.



THROWING THURSDAY

Find some household items that are easy to throw and won't break. Eg. pairs of socks, empty plastic water bottles. Using a bucket / basket / empty waste bin /large pan, have a throwing competition. How many items can you get in the target? Stand further away to make it more challenging. Make a clock face on the floor and throw to each number.



FITNESS FRIDAY

Work out the place value of the letters of **EASTER** in the alphabet, eg. E = 5 , A = 1, write these on 6 pieces of paper and write different exercises on 6 different pieces of paper eg. press ups, lunges, star jumps, sit ups, squats, high knees, heel flicks, fast feet, burpees. Put them in 2 piles & turn the paper upside down and shuffle each pile. Select one from each pile, complete it and choose another pair to perform.



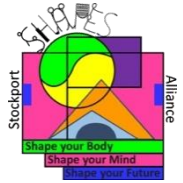
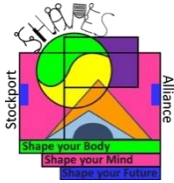
SPRINGY SATURDAY

The Big Leap
How far can you jump from 2 feet to 2 feet. Find a way to measure your jump and try to improve? Stand side on to a wall & mark how high you can reach. Then stand a little away from the wall, and jump as high as possible above that mark – Who can jump the highest? Bounce from side to side over a small obstacle – how many jumps can you do in 30 seconds?

SPEEDY SUNDAY

Devise a Treasure Hunt for your family. Write clues on paper (or use chalk on the pavement). Can you think of some Easter Treasure to win as a reward?

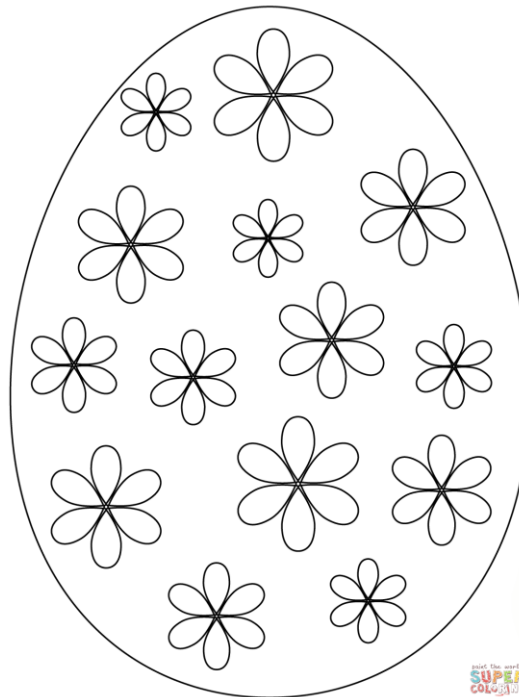




Family Easter Activity Challenge

Welcome to the SHAPES Family Easter Activity Challenge. There is a challenge for each day of the Easter holidays to enjoy as a family. If you don't have enough people for teams, that some of the activities suggest, do them together several times and time yourselves – what is your best time? See if you can achieve all 14 and if you have permission we would love you to tweet your activity and tag us in @stockportSHAPES.

Here is an Easter Egg with 14 flowers, to colour a flower in for each day you complete a challenge. Hopefully you will be able to colour them all in by the end of the holiday.



HAVE FUN!