



Easter Challenge

Can you complete all 10 days of our Easter Challenges?



'Egg Hunt'
Find 10 small objects. Ask someone to hide these around your home, inside or outside. How quickly can you run and find all 10 objects? Ask someone at home for clues to help.



'Don't Drop the Egg!'
Find something small and soft to throw. Practise throwing your object up and catching it. Can you throw it higher and higher? Can you throw and catch whilst moving?



'Easter Bunny Bounce'
Try jumping in different ways on 2 feet. Can you jump high and can you jump far just like the Easter Bunny? Practise this and ask someone at home to help you to record your highest and furthest jump.



'Rapid Rabbits'
Tuck a sock into the back of your trousers. Ask someone at home to chase you and try to grab your 'tail'. Once they have caught you, swap over and chase them.



'Easter Egg Roll'
Lie on your back, curl up your legs tightly to your chest and then hug them with your arms. Can you roll sideways like an egg? Can you do this controlled and carefully? Can you roll sideways in other shapes too?



'Easter Bunny Trail'
Go for a walk around your local area with someone from home. As you walk look out for good places that the Easter Bunny might hide an egg. When you get home, draw out a map of your route and mark all of the good hiding places on your map.



'Egg and Spoon Zoom'
Find a large spoon and something to use as an egg. Balance your 'egg' on your spoon and practise moving around without dropping it. Challenge your family to an egg and spoon race.



'Spring into Dance'
Springtime is a happy time. Choose your favourite song. Think of 8 happy actions and shapes, and practise these to your music. Put them in an order that flows and shows how happy you are. Perform your dance for someone at home.



'Eggscellent Aiming'
Draw 3 Easter eggs – make them all different sizes. Write a number onto each egg. Stick them to a wall or onto the ground. Use a ball or something soft, and aim at the targets. Use the numbers on the Easter egg as points. How many points can you score?



'Chocolate Bog'
The floor is covered in sticky, melted chocolate! Can you find ways of crossing the floor without touching it? What could you use to help you? You can do this inside or outside.

