






EASTER HOLIDAY CHALLENGES






<p>Clear the area first and do a gentle warm up before attempting these challenges!!</p>	<p><u>Day 1</u> Leaping lamb long jump</p>	<p><u>Day 2</u> Timed egg and spoon race</p>	<p><u>Day 3</u> Easter basket target throw</p>
			
<p>Equipment</p>	<ul style="list-style-type: none"> • 2 markers 	<ul style="list-style-type: none"> • Ball/ egg • Spoon • 2 markers/ • Stopwatch 	<ul style="list-style-type: none"> • Target Box/ bucket • 5/7 pairs of rolled up socks • Marker
<p>KS1 task</p>	<ul style="list-style-type: none"> • From a standing position you should aim to jump as far forward as you can. Put a marker down where you first land and try to beat your distance the second time of jumping 	<ul style="list-style-type: none"> • Mark out a short running distance with 2 markers 5 paces apart. • With a small ball or pair of socks balanced on a spoon or book, how long does it take to complete 2 laps? 	<ul style="list-style-type: none"> • Place a basket/ box 5 paces away from the marker. • The aim is to throw the socks one at a time and try and get them to land in the box. • You are allowed 5 attempts with a point scored for each successful throw. • How many did you score?
<p>KS2 task</p>	<ul style="list-style-type: none"> • From a standing position you should aim to jump as far forward as you can. Use your arms to help you! 	<ul style="list-style-type: none"> • Mark out a short running distance with 2 markers 7 paces apart. • With a small ball or pair of socks balanced on a spoon or book, how long does it take to complete 4 laps? 	<ul style="list-style-type: none"> • Place a basket/ box 7 paces away from the marker. • The aim is to throw the socks one at a time and try and get them to land in the box. • You are allowed 7 attempts with a point scored for each successful throw. • How many did you score?
<p>Further challenge</p>	<ul style="list-style-type: none"> • Can you jump further than anyone else in your family? 	<ul style="list-style-type: none"> • Can you run further than anyone else in your family? 	<ul style="list-style-type: none"> • Can you try from further away?



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<p>Clear the area first and do a gentle warm up before attempting these challenges!!</p>	<p>Day 4 Easter egg bowling</p>	<p>Day 5 Easter egg throw and catch</p>	<p>Day 6 Easter bunny speed bounce</p>
			
<p>Equipment</p>	<ul style="list-style-type: none"> • 3/5 empty bottles/beakers/cups • Stopwatch • Small ball or rolled up socks 	<ul style="list-style-type: none"> • 5 socks/small balls • Stopwatch 	<ul style="list-style-type: none"> • A line- can be a line on the floor or drawn with chalk or a folded piece of paper • Stopwatch
<p>KS1 task</p>	<ul style="list-style-type: none"> • Set up 3 bottles in a triangle shape. • From 5 paces away you must try to roll the ball and knock down as many bottles as possible. • Stop the stopwatch when all bottles have rolled over. 	<ul style="list-style-type: none"> • Make a circle using the socks- This is your target circle which you must try and stay in. • How many can you throw the ball up into the air and catch in 10 seconds? 	<ul style="list-style-type: none"> • Stand on one side of your line • How many times can you jump two footed over this marker side to side in 20 seconds?
<p>KS2 task</p>	<ul style="list-style-type: none"> • Set up 5 bottles in a triangle shape. • From 7 paces away you must try to roll the ball and knock down as many bottles as possible. • Stop the stopwatch when all bottles have rolled over. 	<ul style="list-style-type: none"> • Make a circle using the socks- This is your target circle which you must try and stay in. • How many can you throw the ball up into the air and catch in 30 seconds? • If you come out of the circle your score does not count! 	<ul style="list-style-type: none"> • Stand on one side of your line • How many times can you jump two footed over this marker side to side in 30 seconds? • Can you add a small cushion or cone to jump over? (make sure it is soft and moveable!)
<p>Further challenge</p>	<ul style="list-style-type: none"> • How long does it take? • Can you try from further away? 	<ul style="list-style-type: none"> • Can you clap your hands once before catching the ball successfully? 	<ul style="list-style-type: none"> • Can you improve your score? • Who is the fastest Easter bunny speed bouncer in your family?



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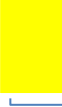



<p>Clear the area first and do a gentle warm up before attempting these challenges!!</p>	<p>Day 7 Easter Bunny Relay</p> 	<p>Day 8 Easter Egg Splat</p> 	<p>Day 9 Runny Egg</p> 
	<p>Equipment</p> <ul style="list-style-type: none"> • target box/bin/basket • 5/7 teddies • marker/cone/stop watch 	<ul style="list-style-type: none"> • 5/7 pairs of socks (eggs) • Target bin/box/basket • one marker cone • stopwatch 	<ul style="list-style-type: none"> • Piece of A4 paper • Ball or pair of socks • Stopwatch
	<p>KS1 task</p> <ul style="list-style-type: none"> • Place the teddies in the target box and then 5 paces away put down the marker cone • Start the stop watch • From maker run collect teddy run around the box and back to marker. • Keep repeating until you have collected all teddies one at a time then stop the watch! 	<ul style="list-style-type: none"> • Place all the socks by the marker which is 5 paces away from target box • Start stopwatch and place one pair of socks in between your knees • Jump two footed down to the box. • Without using your hands drop the sock in the box • Jump back to start and repeat until all 5 socks are in box, then stop the watch! 	<ul style="list-style-type: none"> • Can you run really fast on the spot with your knees up and whilst balancing the ball on the piece of paper? (place one hand on each side of the paper- You cannot hold onto the ball!!!) • If the ball falls off pick it up and keep going. • How many times did our ball fall off in 10 seconds
	<p>KS2 task</p> <ul style="list-style-type: none"> • As the KS1 above, but use 7 teddies instead • Could you do 2 footed jumps like a bunny? 	<ul style="list-style-type: none"> • As the KS1 above, but use 7 pairs of socks- of maybe you have enough chocolate eggs to use? 	<ul style="list-style-type: none"> • As the KS1 above, but keep running on the spot for 30 seconds!
	<p>Further challenge</p> <ul style="list-style-type: none"> • Can you go faster on your 2nd attempt? • Could you use big teddies/cushions to make it harder? 	<ul style="list-style-type: none"> • Can you go faster on your 2nd attempt? • Challenge someone in your household? 	<ul style="list-style-type: none"> • Perhaps go for longer. • 45 seconds or a minute. • Remember your feet need to be going very fast.



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	<p>Day 10 Easter Egg Hunt</p> 	<p>Checklist:</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 1 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 2 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 3 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 4 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 5 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 6 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 7 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 8 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 9 </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">  Day 10 </div> </div>
Equipment	<ul style="list-style-type: none"> • 5 Easter Eggs or pairs of socks • Stopwatch 	
KS1 task	<ul style="list-style-type: none"> • Hide the Easter eggs around your house. • Challenge someone in your house to find them. • How long does it take? • Swap over and you have a go at hunting for the eggs. 	
KS2 task	<ul style="list-style-type: none"> • As KS1 task above, but be a bit sneakier as to where you hide them!! 	
Further challenge	<ul style="list-style-type: none"> • You may want to write clues to help the person find them, or perhaps just hide the eggs in one room. 	

If you would like to submit your results at the end of the Easter holiday then please use this Google form: <https://forms.gle/9UKjXweS3GYWxcJCA>
The more entries a school gets, the greater their chance is of winning a small bag of sports equipment from us!

