



Whitchurch Easter PE Challenge



Day 1



Egg bounce up

Use a small ball, rolled up socks or screwed up paper. Can you use your hand, a racket or anything with a flat surface to see how many times you can bounce the ball on your racket?





Day 2

Easter sprint

Run up and down the stairs
carefully 20 times or around
garden or field



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Day 3

Easter Egg catch

You need something small and light that you can throw and catch with. How many times can you throw and catch your object in 1 minute? Can you throw higher and higher?





Day 4

Easter frisbee

You will need a flat disc for this! A paper plate or sweet tub lid would work. Can you get your disc to fly through the air using one hand? How far can you get your disc to fly in a straight line? Can you ask someone in your family to throw your disc to you so you can catch it? Try to catch your disc in two hands.





Day 5

Easter surprise

From a ball shape on the floor jump up
into a star how many can you do in a
minute?

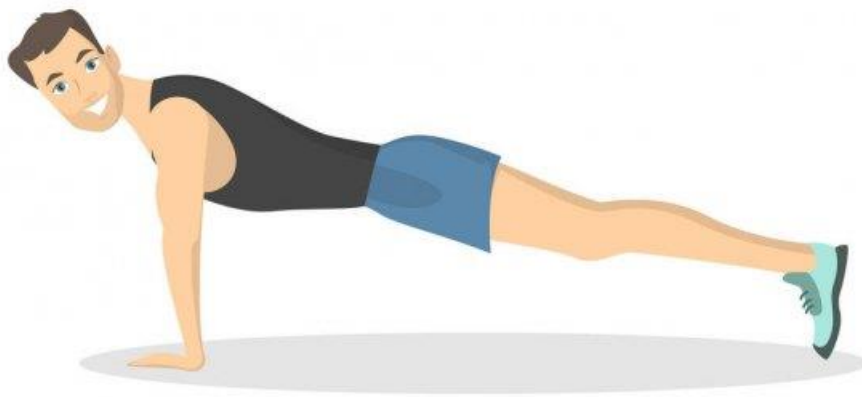
Can you roll just like an Easter egg
Down a hill or in your garden





Day 6

Can you hold the plank position for 1 minute? Try placing a toy on your back don't let it fall off!





Day 7

Easter egg skittles

Find 6 household objects to use as skittles, and roll up a paper 'egg'.

Arrange your 'skittles' into a small group and stand a short distance away.

Roll your paper egg at your skittles.

How many can you knock down with your paper egg? Can you try aiming and throwing at your skittles in different ways?





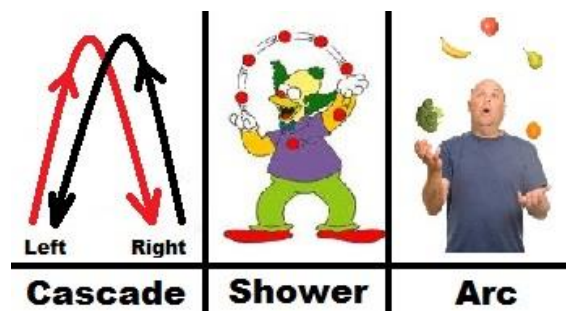
Day 8

Easter juggling

Roll up 2/3 socks into balls

Can you juggle them throw them up
and catch with other hand

Or find a bowl , basket, shoe anything
to aim and catch the sock in





Day 9

Egg elevation

You will need a balloon, a soft ball or use some rolled up socks. Sit on your bottom and try to keep the balloon up in the air using different body parts. You can move around on your bottom but you cannot stand up.

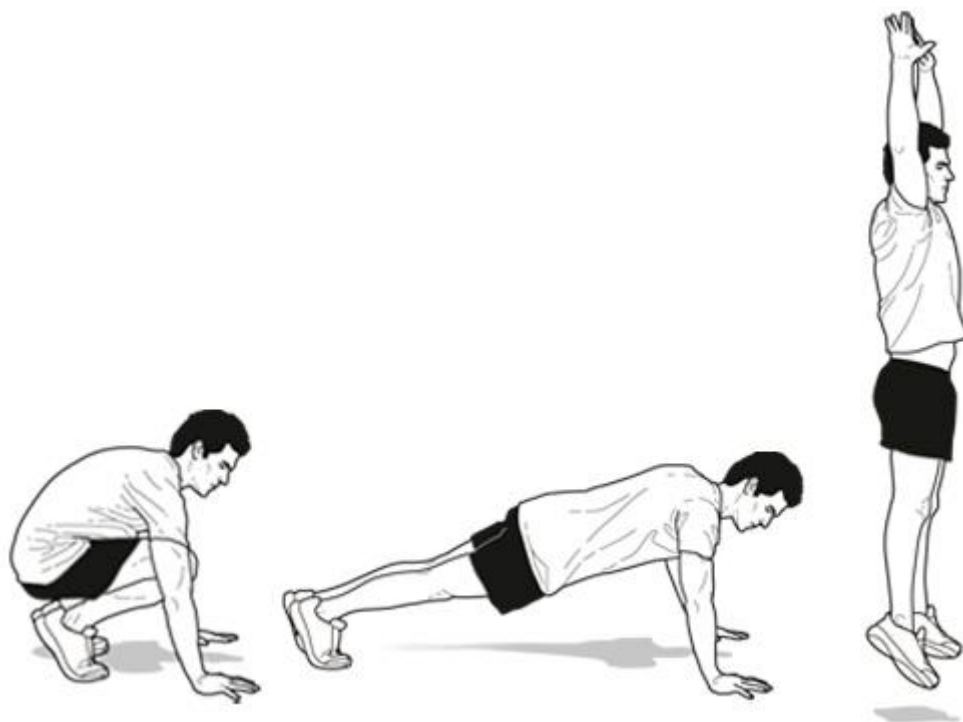




Day 10

Easter burpees

Can you do 10 in a minute?





Day 11

Bunny jumps

Find about 10 small household objects. Space them out on the floor. Practise jumping over them with 1 foot and 2 feet in lots of different ways. Can you jump high and can you jump far just like the Easter Bunny? How many different ways can you find to jump?





Day 12

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 socks in a ball and aim at the targets. Use the numbers on the Easter egg as points. How many points can you score?





Day 13



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.



Day 14

'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.

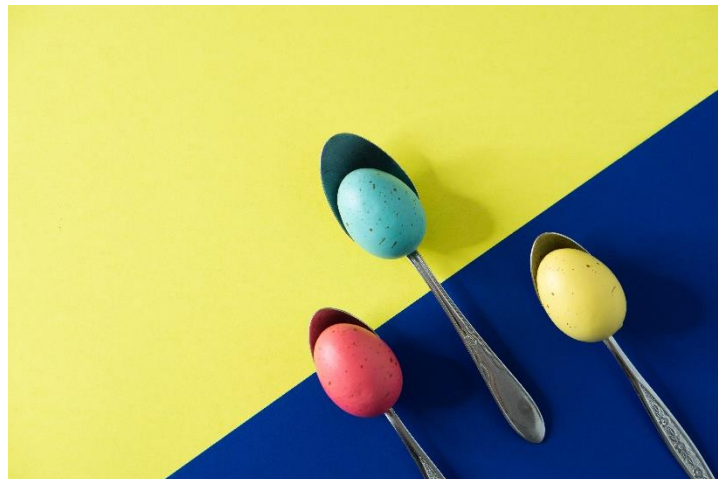




Day 15

‘Egg and Spoon Zoom’

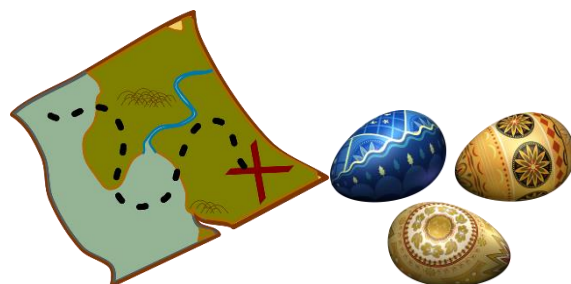
Find a large spoon and something to use as an egg. Balance your ‘egg’ on your spoon and practise moving around without dropping it. Challenge your family to an egg and spoon race.





Day 16

‘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. Colour in some paper eggs or paint stones and leave them in those hiding places on the map for others to find





Easter egg hunt

Have an Easter egg hunt outside or
inside?

How many eggs did you find?

