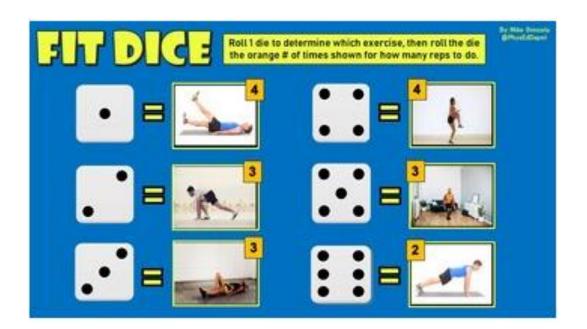
Don't get bored during the Easter holidays...get creative!! Here are plenty of activities to keep you fit, occupied, healthy and full.

	 Complete ea Roll the dice Cross out the 	ich exercise f and complet le exercise or or a horizonta	or sec e an exercise i your sheet a d or vertical l	conds. from that ro fter the time ine.	w.
	· carbineo	tor completin	ig the whole o	ara.	
1	SPOTTY DOGS	STAR JUMPS	ONE LEG BALANCE	SPRINT ON THE SPOT	MOUNTAIN
2	SQUAT	HEEL TOUCHES	PUSH UPS	RIGHT LEG HOP	SQUAT THRUSTS
3	SIT UPS	JOG ON SPOT	HOP SCOTCH	ARM CIRCLES	HIGH KNEES
4	CRUNCHES	SPOTTY DOGS	BURPEES	PLANK	TUCK JUMP
5	LEFT LEG HOP	PUSH UPS	WALL SIT	LATERAL JUMPS	SQUAT JUMPS
6	SHADOW BOXING	HIGH KNEES	DORSAL RAISES	LUNGES	LUNGE & KICK



Obstacle Course

Use some furniture, and also some chalk to draw out a course ranging from the inside of your house to the garden. Add challenges to the course. You can add a puzzle to be solved, an area to be crossed without touching the ground, etc. Get the whole family involved and time each other – who is the fastest?

Follow the leader

When playing this game, choose a family member to be the leader. Make sure to include exercises like jumping jacks, kicks, running, jumps, etc. Make your way all around the house and garden.

Make a milk bottle elephant / mask / ladybird









Make an Easter Bunny



From a toilet roll.... should you be lucky enough to have one!



From an egg box!

Use the link below to create a number of tasty Easter treats...

https://www.bbcgoodfood.com/recipes/collection/easter-desserts

FEEL FREE TO SHARE PHOTO'S OF YOUR CREATIONS WITH US!!