

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



Fitness Bingo



- Complete each exercise for _____ seconds.
- Roll the dice and complete an exercise from that row.
- Cross out the exercise on your sheet after the timer stops.
- Call **LINE** for a horizontal or vertical line.
- Call **BINGO** for completing the whole card.



1	SPOTTY DOGS	STAR JUMPS	ONE LEG BALANCE	SPRINT ON THE SPOT	MOUNTAIN CLIMBERS
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



FIT DICE



Roll 1 die to determine which exercise, then roll the die the orange # of times shown for how many reps to do.



 =  4

 =  4

 =  3

 =  3

 =  3

 =  2

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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!!**