Milton Keynes North School Sports Partnership

Supporting the delivery of P.E. and Health & Wellbeing in schools and in the home

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Easter Fun Fit

Waiver

Please ensure that all users of the following resource prepare their own risk assessment and take responsibility for their own and any child's health and safety, this includes ensuring all equipment used is appropriate and safe for the age of the child participating.

MKNSSP accepts no liability for damage or injury caused through inappropriate use of this resource.

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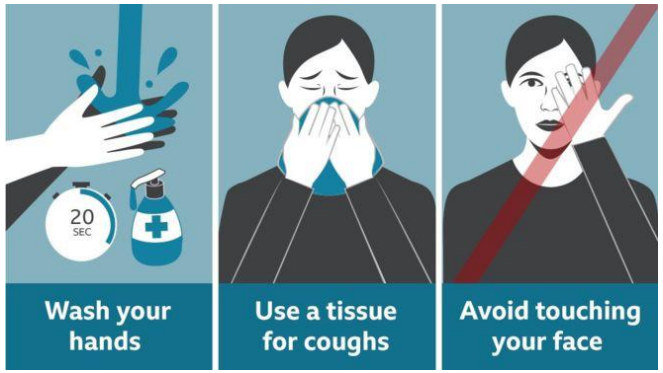
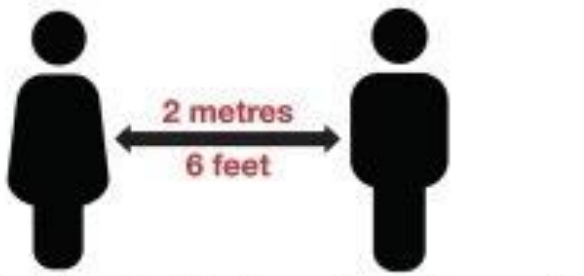
Covid-19 guidelines

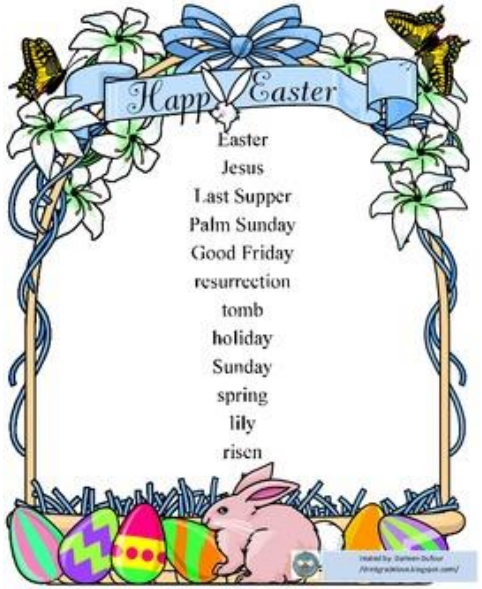


Outside of your household:



Stay at least 2 metres (6 feet) away from other people

Happy Active Easter



Spellercise

Pick 10 words associated with Easter. They must be words that are ok for your child to be able to spell – not too easy or too hard!

Then think of some exercises that you can do whilst you are spelling the words

For example: Word = Easter

Whilst spelling you/your child has to do

10 x turn around touch ground and balance on 1 leg OR
20 star jumps

Mix up silly ones with other fitness activities.

Ideas:

Fitness: press ups, jumping jacks, mountain climbers, step ups, fast feet on spot, shuttle run between 2 markers

Fun: -Stand on one foot and pat head and rub tummy
-Balance on all 4's face down and then lift up 1 arm or leg
-Dance around the room
-Floss
-Do the conga around the room

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Happy Active Easter

To start: Cut out the egg templates (or you can draw your own). Colour as many eggs in as you want to. Aim for 10 as a minimum

On the reverse side of the eggs write various fitness activities. Examples include jumping jacks, skip, arm circles, crab walk, push-ups, jog around the cones, touch each toe and count to ten each time, bounce the ball, etc.

To play: Place the eggs around the house and/or garden

Version 1: You can play to music. Start in 1 room. Jog on spot to music. Stop music and run to find an egg. Do activity written on the egg for 30 seconds. Return to start and play music again. Repeat.

Version 2: On go – you go and find the eggs. Complete the activity on the egg for a set number of times (20) or for 30 seconds. Move onto next egg and so on.

You can take it in turns to set out an Easter Egg hunt for each other. You can time each other if you have very competitive child(ren) or parents!!

Maybe each egg collected = a mini egg to eat !

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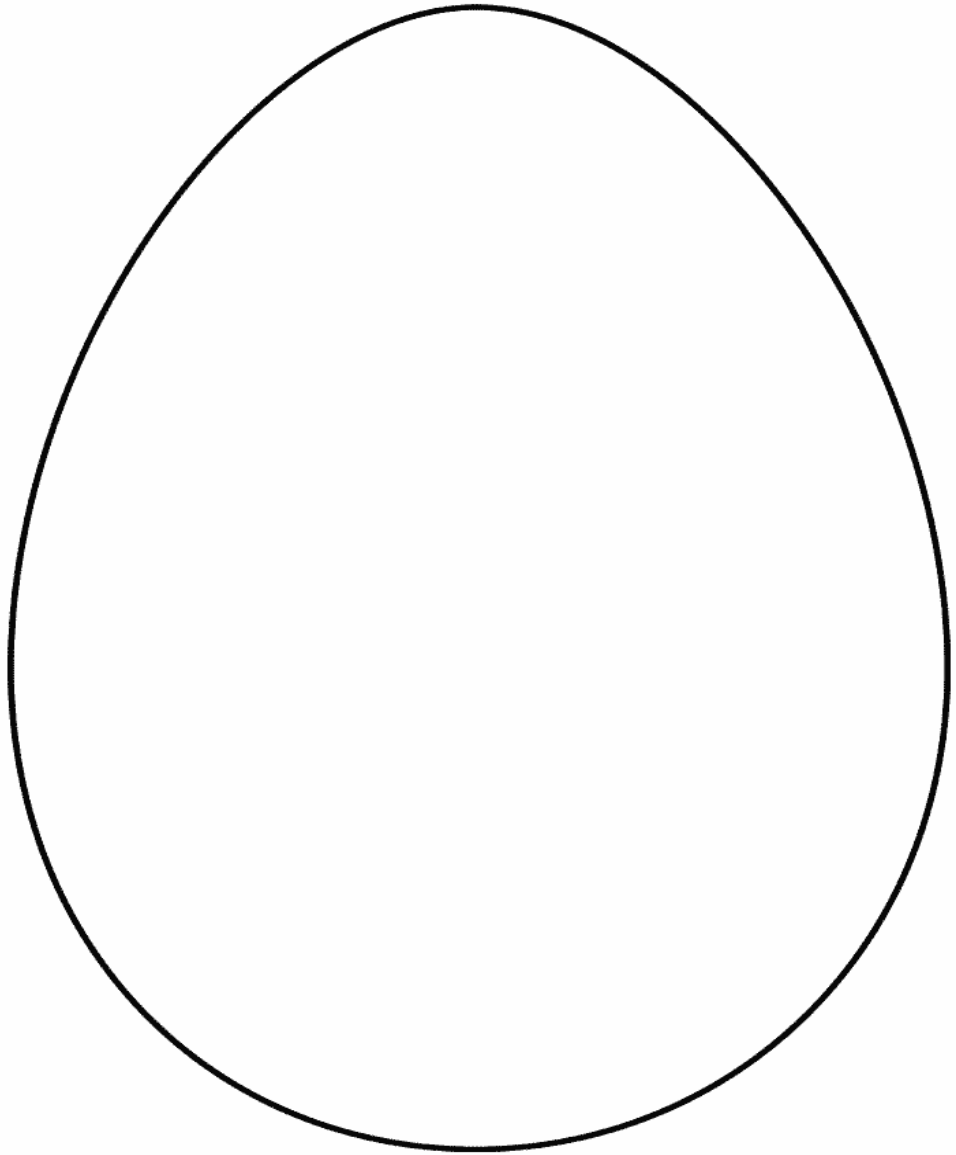
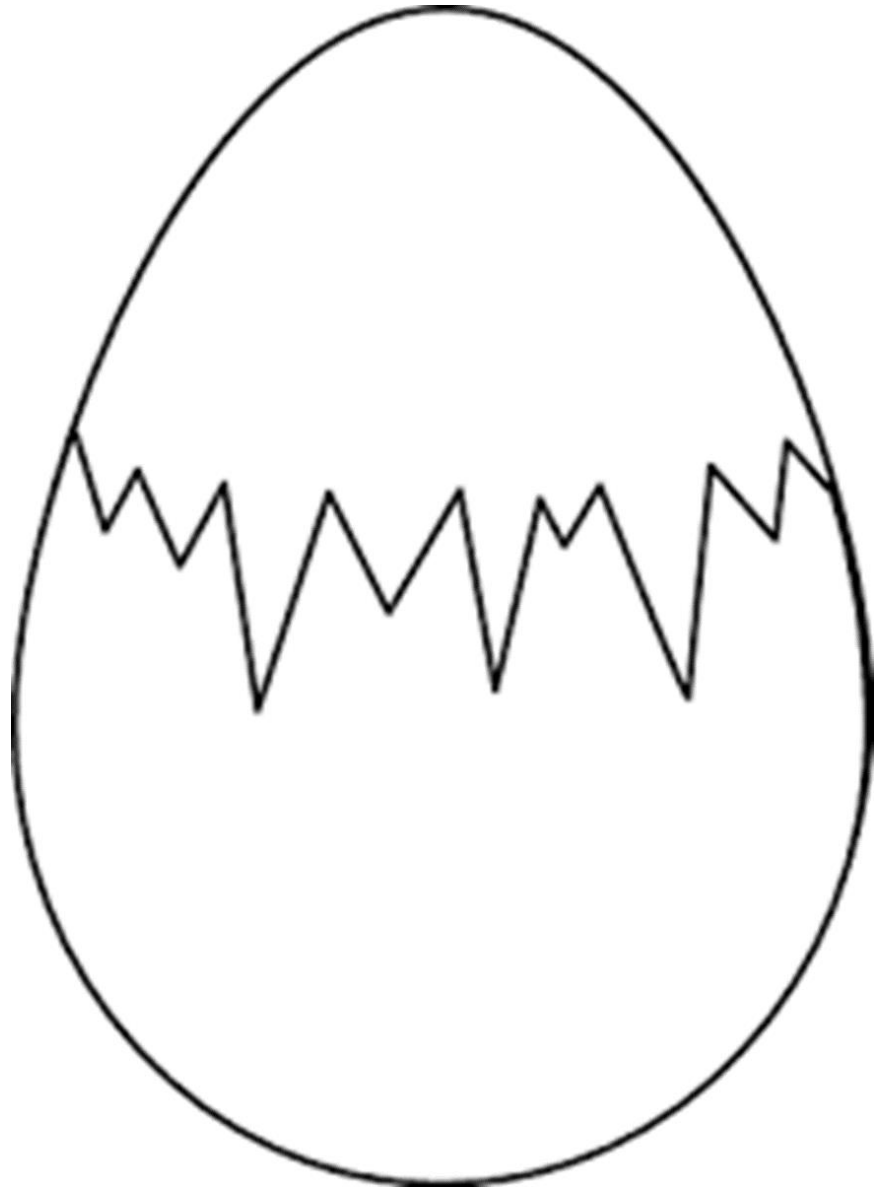




Happy Easter

More Easter Activities

Easter Egg Hunt

1. Start by hard boiling some eggs

2. Decorate them with paint, colouring pens or stickers

3. Get an adult to hide them in the garden or an open space where you can run around

4. Maybe include a few chocolate ones as a reward

5. Run around and find all the eggs

Egg and Spoon Race

Use your boiled eggs and set up an Egg and Spoon race!

Add a twist by wearing bunny ears and hop from place to place.

Why not make your own bunny ears?

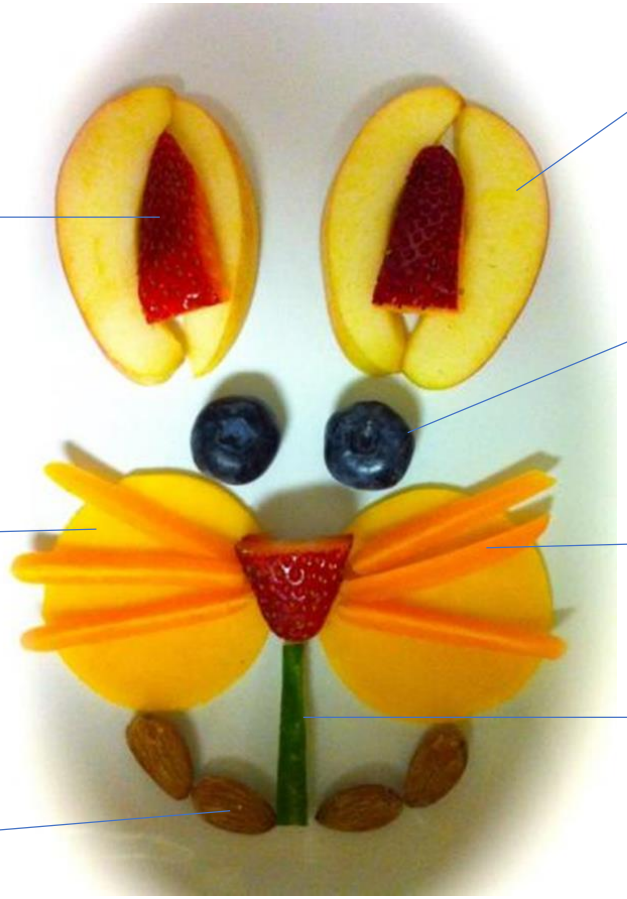
Add more Easter charm by using themed props: dress-up relay, with bunny tails and noses

Food Ideas

Chocolate eggs aren't the only Easter themed food you can enjoy!

Why not try and create an edible Easter picture with fruit and vegetables?

What fruit, vegetables and nuts can you see?



Food Ideas

And this one has…

- Bread face
- Banana ears
- Celery grass
- A carrot

Food Ideas

Have any of these left after Easter?

Why not try making Egg ice lollies with fruit juice

Or decorate them to make animals

Food Ideas

Why not try melting your chocolate and have a fondue with different fruits?

What fruits do you think would taste nice dipped in chocolate?

Strawberries

Bananas

Apples

Grapes

Pineapple

You could always decorate the chocolate dipped fruit with chopped nuts or ice cream sprinkles and give them to friends and family as Easter gifts