

## Lavant's Active Easter Extravaganza

See if you can complete all these challenges over the Easter holidays.

Don't forget to bring your completed bingo sheet back in to Mrs Kern on  
Wednesday 24<sup>th</sup> April.

Photographic evidence or an adult signature is encouraged!

<p>Complete a Joe Wicks Kids HIIT workout – bonus point for getting an adult to do it with you!</p> <p>This one below is fab:</p> <p><a href="https://www.youtube.com/watch?v=mhHY8mOQ5eo">https://www.youtube.com/watch?v=mhHY8mOQ5eo</a></p>	<p>Jog around your local play park 3 times – bonus point for getting someone to time you!</p> <p>Want more? Go for 3 times round Priory Park or Florence Park in Chichester.</p>	<p>Challenge yourself to try the monkey bars in the park.</p>
<p>Lie on the ground under some trees for 5 minutes (yes 5 WHOLE minutes) and just look at how the leaves move and what the sky looks like.</p>	<p>Go for a cycle/scoot/walk along Centurion Way.</p>	<p>Dance wildly (somewhere sensible!) to your favourite song for the whole thing.</p> <p>Bonus point for getting an adult or sibling to do this with you!</p>
<p>Play leap frog with your family or friends.</p>	<p>Roll down a grassy bank.</p>	<p>Set up and complete an obstacle course.</p> <p>You could even just use big leaves and sticks to jump over, crawl under or jump on.</p>

