

## Easter Circuit

### 1. Bunny hop -

- Start in a squatting position
- Place hands on the ground a little way ahead of you, shoulder width apart.
- Take your weight off your hands, lifting your feet off the ground making sure they land back down a little further from the take-off position.
- Repeat the movement by taking your weight off your hands and moving your feet forward each time. Try to do it for a minute. **Do this 4 times.**



### 2. Squat -

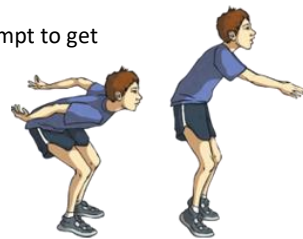
- Start with your feet shoulder width apart and hands straight in front of you.
- Lower yourself to the ground into a squat position stopping when your thighs are parallel to the floor.
- Make sure you press your weight into your back into your heels
- Hold the position for 3 seconds then push back up through your heels
- Do five of these then a 10 second break then five more. Try to do it for a minute. **Do this 4 times.**



### 3. Jumping for height-

Rabbits have strong back legs, which allow them to jump high. Measure how high you can jump. Have five attempt to get your highest score.

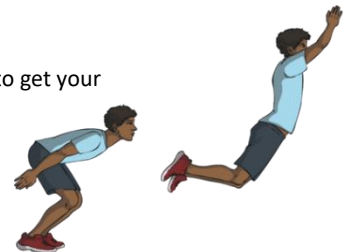
- Bend your ankles , knees and hips ready for take off
- Eyes focused forward and your head upwards throughout the jump
- Swing your arms behind your body
- Extend your legs quickly , with both feet leaving the ground
- Swing your arms as high as you can and extend your legs quickly and as far as possible.



### 4. Jumping for distance-

Rabbits can leap up to 2.7m, how far you can leap. Measure how far you can jump. Have five attempt to get your highest score.

- Bend your ankles , knees and hips ready for take off
- Eyes focused forward and your head upwards throughout the jump
- Swing your arms behind your body
- Extend your legs quickly , with both feet leaving the ground
- Swing your arms as high as you can and extend your legs quickly and as far as possible jumping forwards.



### 5. In the bucket -

Use a bucket as an Easter basket and a ball/rolled up pair of socks to represent an Easter egg. How many times can you throw your egg into the basket in one minute? Finding it easy extend the distance. Have a competition with someone at home and try to beat your scores.



### 6. Chocolate Bleep test - [https://www.youtube.com/watch?v=e0U\\_yQITBks](https://www.youtube.com/watch?v=e0U_yQITBks)

Choose an area where you can run back and forth, this could be your garden, a hallway or your bedroom. You must complete one length before the bleep. The further you get, the quicker the bleeps sound. See how far you can last into the bleep test without stopping or without missing a bleep. Then when you are finished have some chocolate.

