

# Active Easter Challenge

28th March to 12th April

It has been fantastic to see so many children taking part in physical activity during Move It March. Let's keep up the great work by joining in our Active Easter Challenge!

How many different physical activities can you try during the Easter break? You could go on a bike ride, play football, go swimming, play at the park, or take part in a dance class! Each time you complete a different physical activity, colour in one of the trainers. Complete five different activities and become an Active Easter Challenge Champion!

Once you've completed the five activities and answered the questions, take a photo or scan this page and send it to [LHarrison@southwigston.lwlwt.org.uk](mailto:LHarrison@southwigston.lwlwt.org.uk), where you'll be entered into a prize draw!

What has been your favourite part of Move it March? .....

Have you tried an activity for the first time? If so what? .....



Colour in



Scan the QR code to download your Active Easter Challenge Champion certificate!

**REMEMBER!**

The guidelines for children are to aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people



**LET'S GET MOVING**