

Egg and Spoon - reloaded

Top Tip

Use your tummy muscles to keep your balance.

1— Using a spoon balance a *boiled* egg (or a scrunched up piece of paper) on top.

2—Start standing up then lower to the floor. Lie down on your tummy. Then stand back up. All without dropping the “egg”.



#StayHomeStayActive

Equipment

- Spoon
- Boiled egg or scrunched up ball of paper.

Achieve Gold

5 or more times in a row



Achieve Silver

3 or 4 times in a row



Achieve Bronze

2 or 3 times in a row



Teabag Throw

Top Tip

Keep your eye on the cup and use your whole arm.

- 1- Place a cup on the floor or table.
- 2- Take 3 steps back to a starting position.
- 3- Using over arm or under arm throw try to land the teabag in the cup.
- 4- How many times can you land the teabag in the cup?
- 5- Extra challenge: can you balance the teabag on your toe and kick it into the cup?

#StayHomeStayActive



Equipment

- 1 cup
- 1 teabag

Achieve Gold

5 or more scores



Achieve Silver

2 or 4 scores



Achieve Bronze

1 or 2 scores

