

THINK SPORT



ESCAPE ROOMS

WHAT YOU NEED

- ✦ **PEN OR PENCIL**
- ✦ **PAPER OR NOTEPAD**
- ✦ **DRINK OR WATER BOTTLE**
- ✦ **SUITABLE INDOOR OR OUTDOOR SPACE.**
- ✦ **TIMER OR STOPWATCH.**

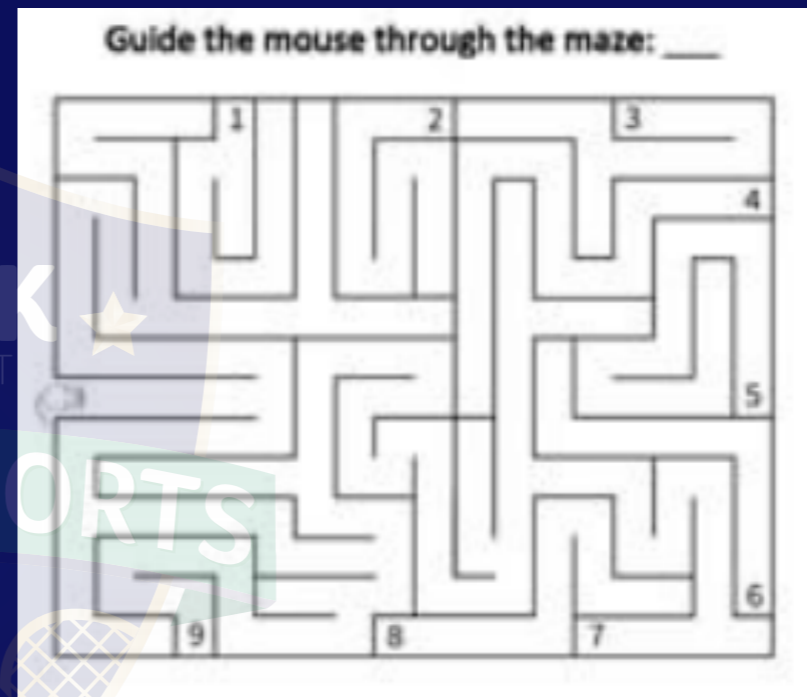


THE RULES

- ✦ **START THE TIMER ON PAGE 1.**
- ✦ **READ THE INSTRUCTIONS TO ESCAPE EACH ROOM.**
- ✦ **COMPLETE ALL 5 ROOMS AND THEN STOP YOUR TIMER.**
- ✦ **DON'T ADVANCE UNTIL YOU HAVE EXITED THE ROOM.**
- ✦ **THE CORRECT ANSWER IS UPSIDE DOWN ON EACH PAGE IN THE CORNER.**
- ✦ **MAKE SURE YOU ARE WARMED UP AND STRETCHED BEFORE YOU START.**
- ✦ **COMPLETE EACH EXERCISE BEFORE YOU GUESS AGAIN.**

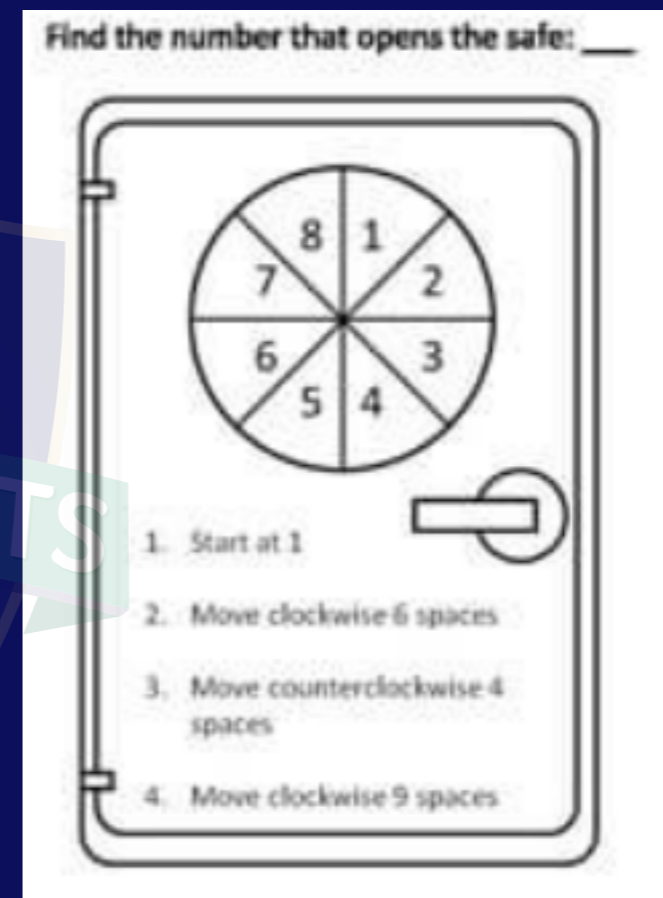
ROOM 1

- ✦ **GUIDE THE MOUSE THROUGH THE MAZE..**
- ✦ **FOR EVERY WRONG GUESS COMPLETE 10 LUNGES (5 ON EACH LEG.)**
- ✦ **THEN PICK AGAIN, IF THE MOUSE CAN'T ESCAPE COMPLETE THE ACTIVITY.**
- ✦ **ONCE YOU HAVE GUESSED CORRECTLY ADVANCE TO ROOM 2.**



ROOM 2

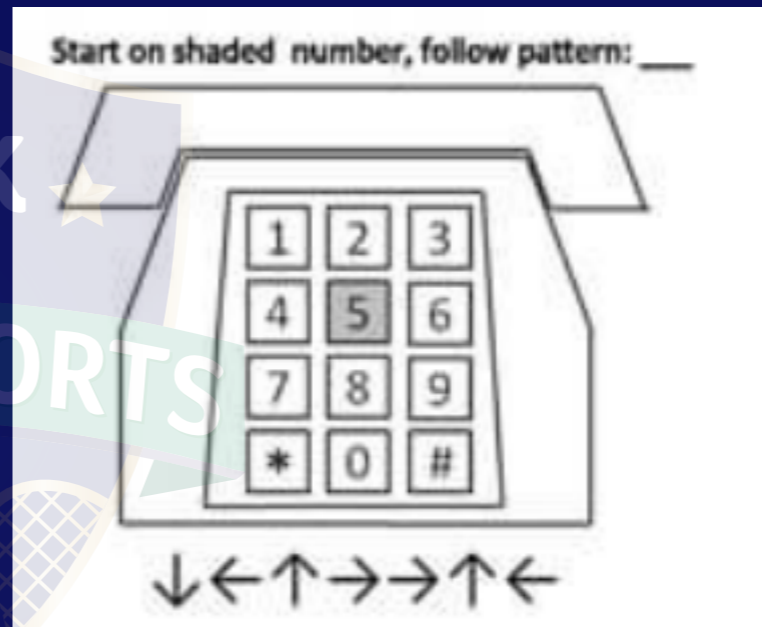
- + **CRACK THE SAFE...**
- + **FOR THIS GAME AFTER EVERY INSTRUCTION COMPLETE THAT MANY BURPEES.**
- + **START AT 1 = 1 BURPEES.**
- + **MOVE 6 SPACES = 6 BURPEES.**
- + **WHAT NUMBER DID YOU LAND? ON COMPLETE THAT MANY BURPEES.**
- + **MOVE ANTI-CLOCKWISE 4 SPACES = 4 BURPEES.**
- + **WHAT NUMBER DID YOU LAND? ON COMPLETE THAT MANY BURPEES.**
- + **MOVE CLOCKWISE 9 SPACES = 9 BURPEES.**
- + **COMPLETE YOUR LAST SET OF BURPEES FOR THE NUMBER YOU FINISHED ON.**
- + **WELL DONE YOU UNLOCKED THE SAFE.**



FOUR

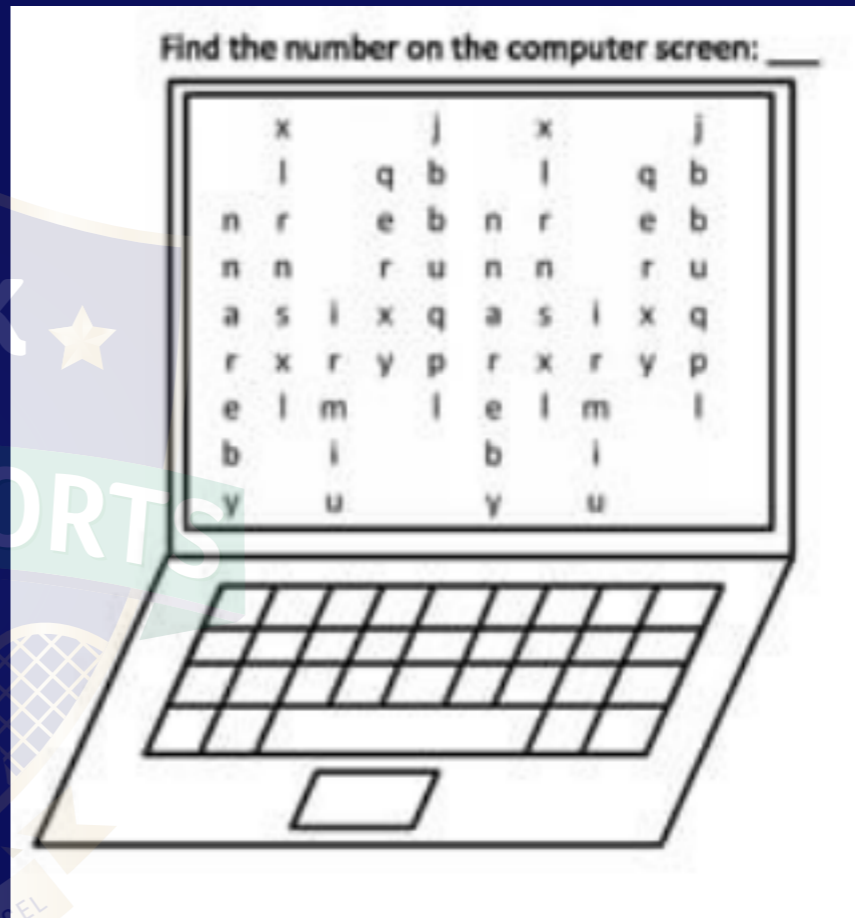
ROOM 3

- * **FOLLOW THE DIRECTIONS...**
- * **START JOGGING ON THE SPOT FACING FORWARDS, EVERY 20 SECONDS CHANGE THE DIRECTION YOU ARE FACING TO MATCH THE ARROWS.**
- * **AFTER THE LAST ARROW IS COMPLETED, START AT NUMBER 5 AND FOLLOW THE DIRECTIONS.**
- * **CHECK YOUR ANSWER IS CORRECT, ITS HIDING UPSIDE DOWN ON THIS PAGE.**
- * **CONGRATULATIONS YOUR ON TO ROOM 4.**



ROOM 4

- ✦ FIND THE NUMBER ON THE SCREEN...
- ✦ YOU DIDN'T THINK IT WOULD BE THAT EASY DID YOU?
- ✦ HOLD A PLANK FOR 1 MINUTE.
- ✦ NOW HOLD A SQUAT AND TRY AND HOLD THIS POSITION UNTIL YOU HAVE FOUND THE NUMBER ON YOUR SCREEN.
- ✦ YOUR GETTING GOOD AT THIS ADVANCE TO ROOM 5.



ROOM 5

+ YOU NEED TO FIND THE FOLLOWING ITEMS.. GO GO GO!

+ A FORK.

+ PAIR OF MATCHING SOCKS.

+ SOMETHING YOU USE OUTSIDE.

+ SOMETHING SOFT.

+ SOMETHING YOU EAT.

+ SOMETHING RELATED TO SPORT.

+ SOMETHING RED.

+ A KEY.

+ SOMETHING WARM.

+ PAIR OF SHOES.

+ WELL DONE STOP YOUR TIMER! HOW LONG DID IT TAKE YOU?



YOU ESCAPED.. WELL DONE!

- ✦ REMEMBER TO REFUEL WITH HEALTHY FOOD AND PLENTY OF WATER.
- ✦ CAN A FAMILY REMEMBER BEAT YOUR TIME?
- ✦ WE HOPE YOU ENJOYED THIS CHALLENGE.
- ✦ STAY FIT, STAY HEALTHY, STAY POSITIVE!

