

# Fundamental Skills: Easter

**Bunny Hop Workout – a great movement for building up strength in the upper body.**

- Start in a squatting position.
- Place your hands on the ground a little way ahead of you, shoulder-width apart.
- Take your weight on your hands, lifting your feet off the ground, making sure they land back down a little further ahead from the take-off position.
- Repeat the movement by taking your weight on your hands and moving your feet forwards each time.
- You should look like a bunny hopping!
- Set yourself a certain distance to travel or have bunny hop races with a friend or family member.



**Laying an Egg Workout (a squat) – a great movement for building up strength in the lower body.**

- Start with your feet shoulder-width apart and hands straight out in front of you.
- Lower yourself down into the squat position, stopping when your thighs are parallel to the floor.
- Make sure you press your weight back into your heels.
- Hold the position for two seconds and then push back up through your heels.
- Do five of these, take a 30 second break before doing five more.
- This should be done while clucking like an Easter chick!



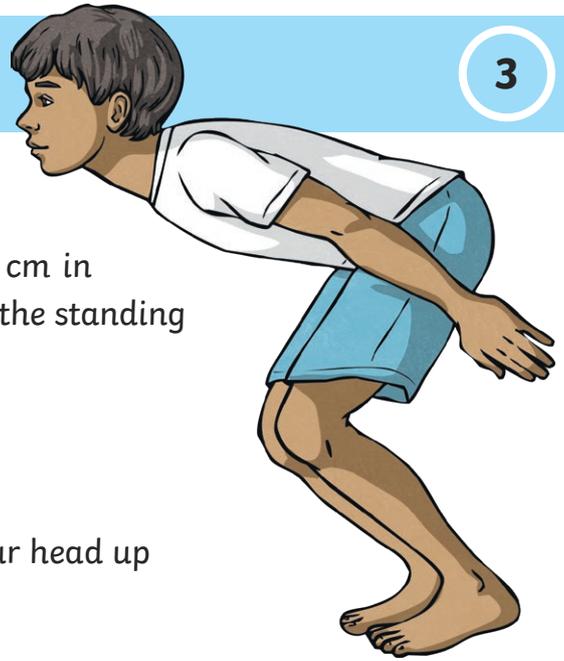
## Jumping for Height

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Rabbits have extremely strong hind legs, which allow them to leap great distances. They can jump high too. Most rabbits can jump somewhere between 60 and 120 cm in height. Measure how high you can jump by carrying out the standing vertical jump.

### Technique

1. Bend your ankles, knees and hips ready for take-off.
2. Keep your eyes focused forward or upwards and your head up throughout the jump.
3. Swing your arms behind your body.
4. Extend your legs quickly, with both feet leaving the ground together.
5. Swing your arms up and extend your legs as far as possible in the flight phase.
6. Bend your ankles, knees and hips on landing to absorb the impact.



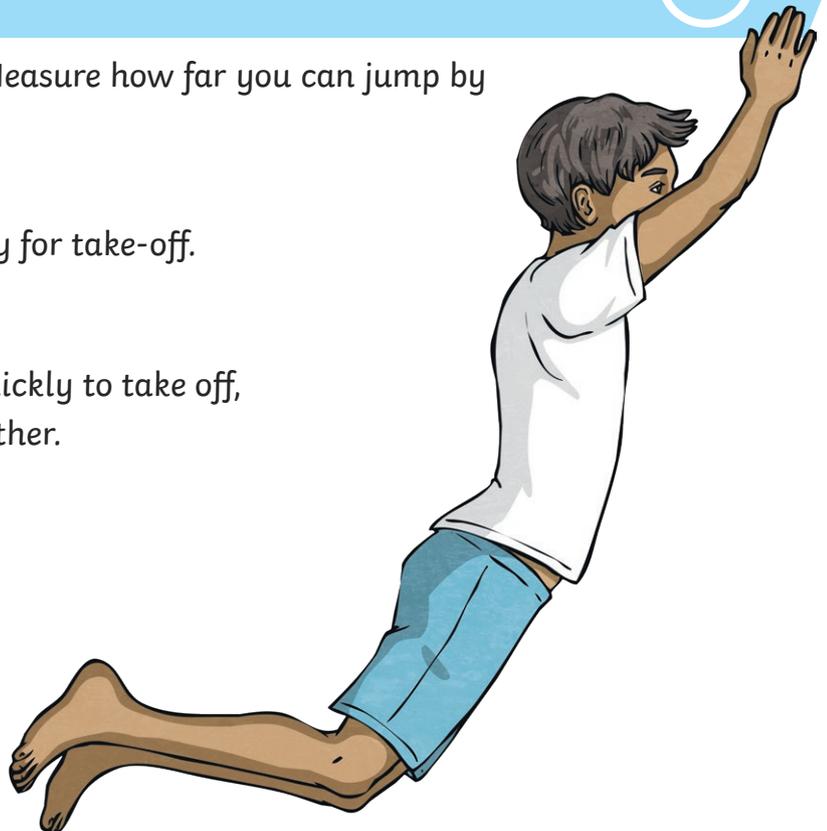
## Jumping for Distance

4

Rabbits can leap up to 2.7m horizontally. Measure how far you can jump by carrying out the standing horizontal jump.

### Technique

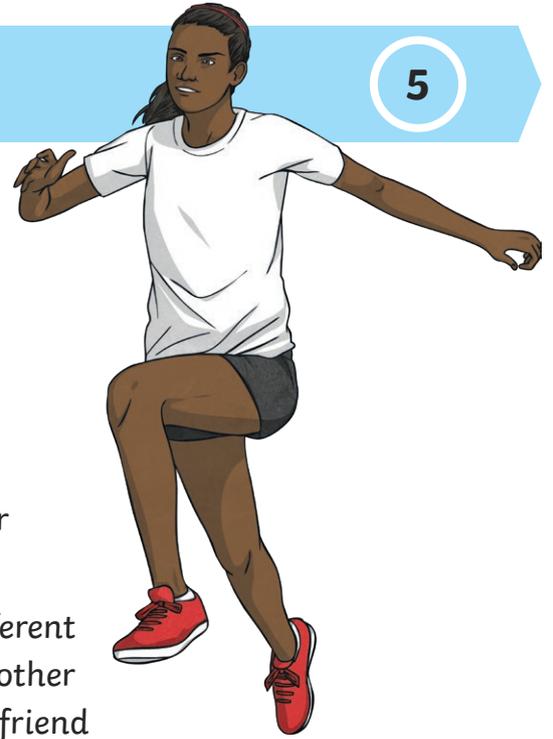
1. Bend your ankles, knees and hips ready for take-off.
2. Swing your arms behind your body.
3. Lean forwards and extend your legs quickly to take off, with both feet leaving the ground together.
4. Swing your arms forward and up.
5. Land on both feet at the same time.
6. Bend your ankles, knees and hips on landing to absorb the impact.



## Combination Jumping

5

Here are five different ways of jumping.

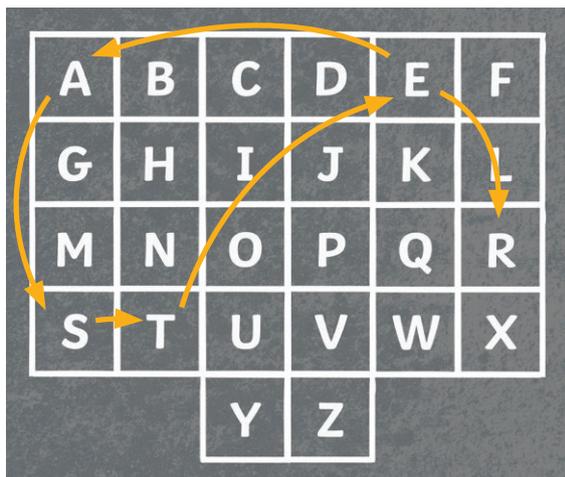


Can you make up a jumping routine that includes three different jumps? For example, two feet to two feet to one foot to the other foot. Try including four different jumps. Can you teach it to a friend or family member?

## Easter Spelling

6

Write out the alphabet with chalk on the ground in large letters. Try putting six letters of the alphabet per row, with 'y' and 'z' on their own at the bottom, for example:



### Easter Words

Easter	Lamb
Bunny	Spring
Chocolate	Flowers
Chick	Daffodil

Try to spell out the different Easter words by jumping from one letter to another in order, e.g. E to A to S to T to E to R for Easter. It might not be possible to reach all the letters with some words but with others it might! Have a go!