

CHRISTMAS DECORATION WALK

Before you set off...

- ❖ Pack a drawing pad and pencils.
- ❖ Make sure you are suitably dressed in your hat, scarf and gloves! (Or your Santa hat!)
- ❖ Plan your route.
- ❖ Make sure your parent / guardian is with you.



During your walk...

- ❖ How many Christmas trees can you see on your route?
- ❖ How many star decorations can you see?
- ❖ Can you see any of Santa's reindeers?
- ❖ How many houses with lights can you spot and how many without lights?
- ❖ Make a note of your favourite house!

When you come home ...

- ❖ Can you hold the plank for 30 seconds for each Christmas tree you saw? (You can build up everyday and don't have to do this all at once). You can pick another exercise if you wish... maybe a squat or touch the floor to match however many trees you saw!
- ❖ Can you do 5-star jumps for every star decoration you saw on your walk?
- ❖ Can you gallop like Santa's reindeer? Do you know all the names? (CLUE: Rudolph).
- ❖ Draw or paint your favourite decorated house!



REMEMBER TO STAY 2 METRES APART FROM
PEOPLE YOU DON'T LIVE WITH



VALESPORTSPLAY
VALESPORTSTEAM

VALEOFGLAMORGAN.GOV.UK/SPORTSANDPLAY