

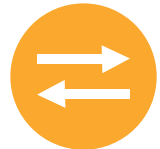


ACTIVE AT HOME

PASS THE TREASURE

WEEK 1 CHALLENGE

PASS THE TREASURE



HOW TO..?

- Form a circle with all your group.
- Choose your favourite exercise from the #ActiveAtHome toolkit.
- Get yourself a treasured loo roll.
- Start doing your exercise once the first person has passed the treasure.
- See how many times you can do your favourite exercise.
- Stop when everyone in the room has caught and passed the treasure and it is back in the hands of the first person.

REMEMBER

- Don't stop until everyone has caught and passed.
- If they drop it keep going.

ADAPTATION

- Why not fetch the loo roll from the nearest loo if you are in small groups.

WEEKLY CHALLENGE LOG

PASS THE TREASURE

Repeat this a few times, video it and send in your score!



- All participants must touch the treasure before the challenger stops.
- If you are fetching the loo roll instead of passing, make sure the fetcher walks, not runs!
- Try different exercises and see which you can do the most of.

RULES