

Get up &
go!

How to play

This game is played outdoors and with a group. Mark out a starting line and finishing line using jumpers or towels.

Wait at the starting line with your egg balancing on your spoon and place your other arm behind your back.

On one, two, three and go, try to run as fast as you can to the finishing line without the egg rolling off the spoon.

If your egg falls, start again.

The winner is whoever crosses the finishing line first with their egg still balanced on the spoon and an arm behind their back.

Pledge to move more and sit less
throughout the summer holidays.

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TWEAKS
TO WELLBEING

Equipment

Jumpers or towels, a spoon
and hardboiled egg.
You can make an egg using
pebbles or a rolled-up sock.

Egg and spoon race