

Get up &
go!

How many can you do?

How to play:

- Once you've completed a game or activity tick it off.
- If you need help, take a look at our activity cards and videos on our website. You can find information about the summer reading challenge, local walking and cycling routes too.
- If you can, share how you've got on and photographs with us on Facebook using #GetUp&Go @leicesterchildrenscentres.
- Reward yourself after completing 15 or more activities by downloading a Get Up & Go at home challenge certificate from our website.
- If you need to get in touch with us, please telephone 0116 454 1004 or visit families.leicester.gov.uk.

Play balloon keepie-uppy

Try the bean bag balance

Take part in the Summer Reading Challenge

Read a book

Go on a wild plant scavenger hunt

Play bubble pop

Try to capture the flag

Play catch

Go on a scavenger ride

Sing teddy bear, teddy bear

Have a game of crab football

Play dodgeball

Take part in Leicester's Playday

Play double ball

Have an egg and spoon race

Play follow the leader

Be a tree detective

Have a game of foot rounders

Play frisbee

Try an obstacle course on a bike

Play high water low water

Play hopscotch

Try to jump the stream

Play leapfrog

Draw your favourite book character

Have a game of musical statues

Play nutty squirrel

Go on a texture trail

Make one of our recipes

Play piggy in the middle

Go for a bird watching walk

Play a game of roll a goal

Sing round and round the garden

Play throw golf

Take the skipping challenge

Have a game of snake

Play snobs

Try standing long jump

Play stuck in the mud

Play target throw

Have a go at a three-legged race

Play water splash

Make one of our recipes

Have a wheelbarrow race

Take part in Retro games week

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