

# JOIN IN WALK TO SCHOOL

SECOND EDITION



CUT THE CARDS OUT



PASTE ONTO CARDBOARD



COMPLETE THE ACTIVITIES



ADD UP YOUR POINTS



**3 POINTS**



**BUILD**

 Build a fort with sheets or blankets. Can you make extra rooms?


**5 POINTS**




**DRAW**

Visit the Australian Botanic Gardens Shepparton. Climb to the top of Honeysuckle Rise and lookout over the treetops. Draw a picture of your view.

**4 POINTS**



**RIDE**

 Look up the Cycle in Greater Shepparton Guide to find a new bike path to go on a family bike ride.

**6 POINTS**



**WALK**

Visit Dookie and take a walk up Mount Major.

**7 POINTS**



**HOOP**

 Can you hula-hoop? Watch the Activities in the Park video to learn how! See how many times you can hula-hoop without dropping it.

**8 POINTS**



**SKIP**

Skip with a skipping rope. Can you skip 20 times? How about 50?

**5 POINTS**



**HOP**

 Play a game of hopscotch in your backyard or park.

**10 POINTS**



**BOUNCE**

Play a game of volleyball or soccer with balloons.





11 POINTS

# FLY

Build a paper plane. Get your friends and have a competition.



12 POINTS

# DANCE

Create a dance routine to your favourite song. Or learn a classic like the Nutbush or Macarena.



6 POINTS

# FISH

Go fishing in the lake or river.



4 POINTS

# DISCOVER

There are over 90 cows in the Moving Art herd. What is your favourite cow and where do they live? Go on a walking or riding tour of the herd.



9 POINTS

# WATCH

Go bird watching in your backyard. How many birds can you see?



14 POINTS

# COOK

How many different coloured fruit or vegetables can you make a healthy snack out of? Add a point for every colour you use.



11 POINTS

# JUGGLE

Can you juggle more than three balls in the air? Add a point for every extra ball.



8 POINTS

# SCOOT

Build an obstacle course in your back yard.

Online video  
 Online resource

[www.getmoovingshepparton.com.au](http://www.getmoovingshepparton.com.au)  
 Visit our website for more fun activities, extra cards and videos.  
 #getmooving #activitiesiniso #activitiesinthepark

