

Physical Treasure Hunt Activity

This fun activity can take place inside or outside and will challenge your child's physical skills and develop their gross motor skills as well as encourage them to listen and follow instructions.

WHAT DO I NEED

- Hula hoop
- Bean bags
- Ball
- Bucket
- Treat or toy



METHOD

Hide a special item/treat somewhere in your garden or home. Draw a treasure map for your child to follow, including lots of physical challenges, such as:

- Hop 10 times
- Go through the hoop
- Throw the ball into the bucket
- Spin around
- Go through a tunnel
- Over the hurdles
- Forward roll
- Balance a bean bag on your head
- Walk backwards