

# Treasure Hunt Indoor Challenge

*This activity is suitable for all ages and is focused on working on – concentration, reaction time, time-keeping, stamina, balance and just FUN*

**W**elcome to the *Treasure Hunt Challenge*, this will be a fun challenging game against time and your family! Clues and Questions will be shown throughout this treasure hunt and each clue will lead you to carry out an activity where you can show who the real boss is!

## *What you will need;*

- *CLOCK/TIMER/PHONE – to set each timer on every clue*
- *Paper and pen – to keep track of who wins every challenge*



# Treasure Hunt Indoor Challenge

warm uppp

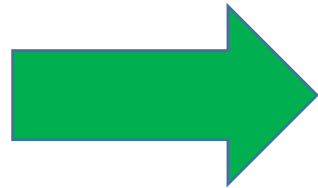


- Find a **space** on the floor and make sure you aren't able to touch one another and we can get started!
- **5** jumping jacks.
- Run as **FAST** as you can on the spot for **30** seconds.
- Toe Touches! **Stretch** down to your right foot then **switch** over to your left.
- And lastly **rotate** your arms **forward** and **back** to ensure you've fully stretched your arms.
- **TIME TO GOOOOO...**

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Your base is going to be where you started your warm up! So after every activity and clue you need to get straight back to base in order for your clue to be locked in !

- 1.) YOU HAVE **1** MINUTE.. FIRST CLUE WOULD BE A TREAT, LOOK FOR WHERE YOU GET SOMETHING TO EAT

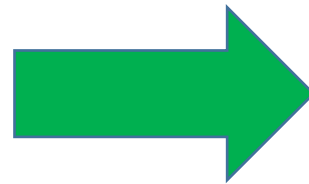


**5 jumping jacks**  
**And a 2 frog jumps !!**  
**Fast as YOU can.**



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- 2.) YOU HAVE **30 SECONDS** !!! NOW THAT YOU'VE BEEN TO WHERE YOU GET FED, NOW GO TO WHERE YOU LAY YOUR HEAD...

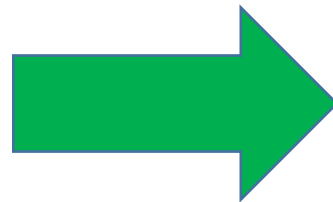


Stand on one leg for the remaining time left, when the timer goes get back to base as **quickly** as you can and **sit down** !



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- 3.) YOU HAVE 4 MINUTES ... TO FIND AN ITEM WHICH IS THE COLOUR RED AND TAKE IT TO WHERE YOU HAD YOUR FIRST CHALLENGE..



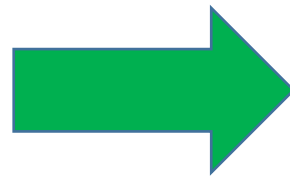
Wear, balance **OR** hold your item while doing **2** whole press-ups.. THEN GET BACK TO **BASE!**



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- 4.) YOU HAVE 2 MINUTES.

TIME TO SIT DOWN AND HAVE FAMILY TIME... GO TO WHERE YOU WATCH YOUR FAVOURITE MOVIES.

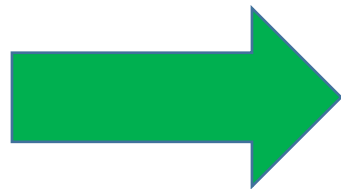


**WHO** can hold the **plank** the longest until the buzzer goes off? LETS GO!



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- 5.) YOU HAVE 60 SECONDS.. THE POSTMAN HAS DELIVERED A PARCEL AT YOUR HOUSE, WHERE DO YOU GO TO COLLECT IT?



**5 bunny hops on the spot**

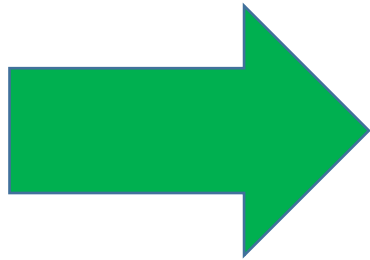
**Reach for the sky to your toes then get back to base!!!**



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- 6.) **ITS YOUR FINAL CLUE...**

**NOW FOR SOME FRESH AIR.. THE GRASS IS GREEN AND THE SKIES ARE BLUE NOW RUN OUTSIDE AND HAVE SOME FUN.**



1. Grab an egg and a spoon, make a **starting** and a **finishing** point, **balance** the egg on the spoon and see who finishes clears the finishing line **first** !
2. You now have **30** seconds to do as many **jumping jacks** as you can...
3. When the timer is up **FINISH** your treasure hunt by **racing** against your opponents back up to the **starting point** !





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**W**ELL DONE YOU HAVE COMPLETED THE TREASURE HUNT  
AND HAVE CAME TO THE END...

NOW COUNT UP YOUR SCORES AND  
SEE WHO THE TOP **WINNER** IS

