

Lockdown look and find – Week 5

Name: _____

Total points: _____

Whilst out exercising, see how many of the following items you can find, 1 point for each. You can either take photos using a phone / tablet or make a note of where you found them. Each item has an activity with it to complete when you find the item. Why not share your photos to our Facebook page [Active Inclusive Wigan](#)

For Sale / Sold sign



Activity – spin around 3 times

A dog out on a walk



Activity – 5 jumping jacks

A tree



Activity – Hold your arms above your head for 5 seconds

A red car



Activity – move backwards for 10 seconds

A daisy



Activity – Make the smallest shape you can

A bin



Activity – pump your arms as fast as you can for 10 seconds

A petrol station



Activity – hold a balance for 5 seconds

A horse / cow



Activity - Stretch as wide as you can