

Family Time

Family Fit for February

*Play a game of 'On the Line'	How many animals are there on the mosaic at Ward Jackson Park?	Who can hold a plank position the longest?	Create a piece of nature art on your local beach	*Play a game of 'Down the Monkey'	Invent a new ball game	Go bird watching at Summerhill
Play a game of 'Balloon Tennis'	Play a game of 'Pooh Sticks' at Burn Valley	Build a den to do a spot of indoor camping	*Find all 6 orienteering posts at Rossmere Park	Complete a workout from the 'Get Hartlepool Active' website	Can you hit the crossbar from the penalty spot at Grayfields?	Who can do the most stair sprints or step ups in 60 seconds?
Take a selfie with Andy Capp over the Headland	How many keepy ups can you do in 60 seconds?	*Complete a HBC Self-guided walk	Create a new dance move	*Play a game of 'Foot Golf'	Who can identify the most animals & trees in your local park?	Build a model out of recyclable materials
*Score 30 goals on one of the interactive goals	*Play a game of 'Hand Ping Pong'	How many steps are there on the Hart to Haswell green bridge?	Make 30 baskets on your local basketball court	Create a new animal inspired yoga pose	Play a game of 'Foot Tennis' at Seaton Park	Create an indoor obstacle course

Do your family have what it takes to complete the 28 day Family Fit for February challenge?

Choose an activity a day to complete for every day in February.

Get  Hartlepool Active.co.uk



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Additional Information

On the Line

Using a towel or a piece of masking tape, divide an area into two. 2 teams stand either side of the line 1m away. If your team hits the line, you score a point. If the other team, fails to catch the ball after you have hit the line, you will score 2 points. The winners are the first team to 10.

Down the Monkey

Place 4 objects e.g. small figure, cuddly toy, DVD case, toilet roll etc. on the first 4 stairs of your staircase. Stand 1 m away and you have 1 minute to use a ball/rolled socks to knock the objects down. The higher the object, the more points it is worth – lowest stair 2 to highest stair 8 points. The winner is the person with the most points after 3 rounds.

Orienteering posts at Rossmere Park

Hidden around Rossmere Park are 6 orienteering posts that look like the one in the picture. Each has two letters inscribed on them. Can you find them all?



HBC Self-guided Walks

Visit www.hartlepool.gov.uk to find a list of 9 self-guided walks around Hartlepool.

Foot Golf

Find a ball/rolled socks. Put 5 different objects on a flat floor. How many kicks does it take to knock all the obstacles down? The winner is the person that takes the least amount of kicks to knock down all the obstacles.

Interactive Goals

These can be found at Rossmere and Burbank parks and can be seen above.

Hand Ping Pong

Using a ping pong ball and a flat wall, use your hands as paddles to hit the ball off the wall to your opponent. Score a point if you hit the wall and your opponent misses or if they fail to hit the wall. First to 5 points wins.