

7 Egg and Spoon Active Movement Ideas



Egg and Spoon Race – a kiwi favourite!

This activity needs little or no explanation, essentially have a start and finish line and get the children to race between the lines carrying the egg on the spoon. To make this more challenging (if required) ask the children to move like different animals whilst keeping the egg on the spoon.

Egg massage

Get the children to roll the egg over their own bodies and talk about different body parts as they roll egg; this is great for body awareness.

Wooden spoon balloon tennis

Have the children stand in a circle and get them to hit a balloon to each other with the aim of keeping the balloon off the ground (it is often a good idea to limit number in group to 3 or 4). Children can also do this individually by keeping balloon off the ground.

Wooden spoon balloon on a string

This activity requires a balloon a piece of string and a wooden spoon. Hang the balloon down by the piece of string and get the children to hit, swat the balloon as it blows/moves in the breeze.

Egg obstacle course

Have the children complete an obstacle course whilst carry their egg, within in this obstacle course incorporate equipment that the children have to roll there egg under or over or through. Also at the end have a container or target that they have to throw or roll their egg into.

Egg Bowls

Have the children draw their own targets (e.g. like a big dart board) on the concrete with chalk and then get them to roll their egg into the target aiming for the centre.

Egg Hunt

This can be played indoors or outdoors. Have a teacher hide the eggs for the children to go and find. This could be made harder by asking the children to carry the eggs on the wooden spoon back to the teacher when they have found one.

Suggested by Duncan Robertson, Active Movement Advisor for Harbour Sport.