

# SPOKE'S ACTION SHEET

## INSTRUCTIONS

- Do at least one challenge every day (do more if you want!)
- Make sure you are really active for at least 15 minutes
- Complete Spoke's homework challenges
- Try to make Spoke's Super Slice

## SPOKE'S CHALLENGES

TICK EACH TIME YOU DO IT

### 1) STOP ON THE SPOT: HOW'S YOUR BALANCE?

Bike or scoot along at a reasonable pace. When you get to the marker or line, use your brakes and try to stop exactly on it (without placing your feet on the ground). Try and hold your balance as long as you can before putting your feet down.

### 2) DUATHLON: RUN, BIKE = FUN!

Cycle or scoot around the house twice then get off and run around the house once. Repeat. How many sets can you do in 5 minutes?

### 3) SUPER SPRINTS: HOW FAST CAN YOU GO?

Bike, scoot, skate or run in a race against your friends. Try a hill sprint for an extra challenge.

### 4) SPOKE'S SLALOM: ZIGZAG.

Set up a slalom course with shoes, cones, posts or poles. Zigzag through the course. Try biking, scooting, running, skating or skipping.

### 5) PIT STOP: SET UP A CIRCUIT/LOOP IN YOUR DRIVEWAY OR AT THE PARK.

After every circuit hop off your bike/scooter and complete a different activity before hopping back on for another loop. Try 10x star jumps, balancing on 1 foot for 10 seconds, running around your bike 10x times, or make up your own activity.



## SPOKE'S SUPER SLICE RECIPE

### INGREDIENTS:

- 4 1/2 tablespoons reduced-fat spread
- 1/3 cup sugar
- 5 Weet-Bix or similar biscuit-type cereal, crumbled
- 1 1/2 cups self-raising flour
- 1 1/2 cups coconut
- 1 egg
- 1 cup of chopped dried fruit (eg apricots, raisins, sultanas, dates)
- zest of 1 lemon
- 1/3 cup boiling water

### METHOD:

1. Preheat oven to 180°C.
2. Melt spread and sugar in a large saucepan.
3. Add crumbled cereal biscuits and flour. Combine.
4. Add remaining ingredients, except water. Stir till combined then add hot water and mix well. If needed, add extra hot water.
5. Using wet hands, press mixture into an approx 20cm x 30cm greased or lined baking dish and bake for 30 minutes.

## SPOKE'S HOMEWORK

### 1) Find & colour in the words.

V	B	B	Y	X	G	U	I	B	M
C	I	T	X	S	D	T	K	M	A
H	K	T	X	K	O	R	U	Q	L
M	E	M	R	A	P	A	D	X	N
S	A	F	E	T	Y	C	H	M	O
P	C	D	L	I	W	K	E	S	C
E	K	U	A	N	L	N	L	P	Z
E	Y	E	Y	G	D	O	M	O	R
D	Z	S	L	I	C	E	E	K	R
H	U	G	S	C	O	O	T	E	R

- Spoke
- Speed
- Track
- Skating
- Bike
- Safety
- Slice
- Helmet
- Scooter
- Relay

3) a. What is the name of the famous cycle race that is held in France? \_\_\_\_\_

b. This is generally held over \_\_\_\_\_ stages?

4) Draw and colour in the French flag below.



5) Give Spoke's Super Slice recipe a go at home.

2) Match the numbers to letters using the below table, and decode the following words: Eg. 19 16 15 11 5 = Spoke

a) 8, 5, 12, 13, 5, 20 \_\_\_\_\_ b) 7, 5, 1, 18, 19 \_\_\_\_\_ c) 19, 3, 15, 15, 20, 5, 18 \_\_\_\_\_

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

d) 19, 12, 9, 3, 5 \_\_\_\_\_