



PSC

PRIMARY SPORTS COACHING
LIMITED

The Rhyming Treasure Hunt

Instructions

Parents / Carers print off the 16 clues and hide them in the appropriate places within your household. Your child/ren have to complete the physical activity before they solve the clue. For older children you may wish to double the number of times they perform an activity.

Take some picture or videos on your way round the treasure hunt so you can send your story to the PSC Facebook page if you want to win a holiday course voucher (South Manchester).

Answers

- | | |
|----------------------------|----------|
| 1 Shoes | 9 Shower |
| 2 Telly | 10 Coat |
| 3 Table | 11 Bin |
| 4 Bed | 12 Bath |
| 5 Cold (Fridge or Freezer) | 13 Mug |
| 6 Plate | 14 Toys |
| 7 Machine | 15 Chair |
| 8 Spoon | |

Clue Number 1

Balance on 1 leg until you solve the clue...

**Lets get started!! Follow the clues,
you'll find the first one in your**

Clue Number 2

Do 2 knees to chest before reading this clue...

**Phew!!... Hope that wasn't too smelly!!!
You'll find the next clue by the**

Clue Number 3

Do 3 star jumps before solving this clue...

**I have 4 legs to keep me stable,
you'll find the next clue under the**

Clue Number 4

Do 4 press ups and then solve this clue...

**The next clue is not on your pillow where you
rest your head, so look nearby under your**

Clue Number 5

Hop on the spot 5 times then solve this clue...

Time to do as you are told!!
The next clue is inside somewhere

Clue Number 6

Do 6 frog jumps and then solve the next clue...

The next clue is tough, so don't get in a state!
You'll find it in a cupboard where you store a

Clue Number 7

Run on the spot and kick your heels up
to your bottom 7 times and then work out where
the next clue is hiding...

This will help you smell nice and clean!
Have a look inside your washing

Clue Number 8

Quick!! Run and touch 8 different door
handles before solving the next clue...

The next clue is hidden where there is not a lot
of room. To eat your cereal you need to use a

Clue Number

Put 2 feet together and jump forward &
Backward 9 Times before solving the clue...

Keep doing exercise to become strong and have
lots of power. You'll find the next clue in the

Clue Number

Lie down and balance on your tummy
for 10 seconds while you think of the answer...

Balloons are so light that they can float, the
next clue is also high up in your

Clue Number

On the spot can you do hop
scotch 11 times...

If you've got an empty wrapper you need
something to put it in, don't leave a mess
put it in the

Clue Number

how fast can you do 12 star jumps
then solve the clue...?

The tallest animal in the zoo is a giraffe. He's got
a super long bed and an even bigger

Clue Number 13

hopefully this clue won't be unlucky for you,
can you do 13 squats will solving the clue...

When you have a bath, put in the plug but if you
are having a hot drink you will need a

Clue Number 14

keep jumping on the spot for 14 seconds
and then solve the clue...

Woody, Buzz and Mr Potato Head are all boys.
If they are in your home they will be with your

Clue Number 15

Balance on Your Bottom for 15 seconds
while you solve the last clue

Almost there!! No time to stop and stare!!
You'll find the treasure under a

Clue Number 16

You Have Reached the end and found all
the clues. Can you create your own with hiding
places that you choose!!

Visit the PSCL Facebook and share your treasure
hunt story, you could win a special prize and
enjoy the glory!!