

POTTERS TROTTERS – 30 DAYS IN JUNE SCAVANGER HUNT AND STAY ACTIVE VIRTUAL CLUB SESSIONS

ABC of trees e.g. ash, birch, cypress	A really old post box	Street art that inspires you	Lock on the canal	Road sign issuing a warning	Ornamental gates
Place where you can play a team sport	Animals in a field	Fluffy white clouds	Statue of a local hero	Building for sale that you want to see inside	An interesting shop window
Street signs that spell out your name	Church with a pointy spire	Swings, slides and roundabouts	New discovery during lockdown	Allotment or greenhouse	Connected with music or musicals
Tallest building you can find	Connected with pottery	Fountain or water feature	Connected with the emergency services	Under/over... a bridge or an underpass	Bird feeder
Links to another country	Favourite flower	Reminds you of Potters Trotters	Shop selling oatcakes	War memorial	Rainbow
<b>Session 1/9: Ice Cream</b> Complete your run/walk then celebrate with an ice cream	<b>Session 2/7: Favourite</b> Run/walk your favourite local route then repeat in reverse	<b>Session 3/8: Hills</b> Run/walk to the top of a hill then run/walk down as fast as you can	<b>Session 4: Birthday</b> A route/distance/time that connects with your age or birthdate	<b>Session 5: Out/Back</b> On a straight route, complete 2.5k then turn round and come back	<b>Session 6: Water</b> Run/walk next to water – river, lake or canal or all three
<b>Workout 1: Yoga</b>	<b>Workout 2: Stretch</b>	<b>Workout 3: Strength</b>	<b>Workout 4: Cardio</b>	<b>Workout 5: Dance</b>	<b>Workout 6: HIIT</b>



Hints and tips:

1. Trees - <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/>
2. Post boxes - <https://www.localpostbox.co.uk/>
3. Road signs - <https://www.gov.uk/guidance/the-highway-code/traffic-signs>
4. Local street names - <http://www.thepotteries.org/streets/>
5. Sculpture trail - <https://www.visitstoke.co.uk/see-and-do/stoke-on-trent-sculpture-trail-p791201>

Workout videos ideas (there are lots more too):

1. Yoga – Yoga with Cassandra - [https://youtu.be/No2u\\_Dq\\_9ho](https://youtu.be/No2u_Dq_9ho)
2. Stretch – Fitness Blender - <https://youtu.be/P8DOZRtlIEQ>
3. Strength – The Running Channel - <https://youtu.be/5y7i0iFGzGE>
4. Cardio – Lazy Girl Running - <https://youtu.be/unc7Ddk4UV0>
5. Dance – Island Vibes / Popsugar Fitness - <https://youtu.be/6Ea38Ns1an8>
6. HIIT – Joe Wicks - <https://youtu.be/tXOZS3AKKOW>