

# Hop, Skip & Hydrate Challenge WEEK ONE



## MOVE MORE INVITES YOU TO JOIN OUR HOP, SKIP & HYDRATE CHALLENGE!

### Why take part?



What do you, the trees, and a dog have in common? Give up? You all need water. Without it, your body would stop working properly. When your body doesn't have enough water, that's called being dehydrated. Dehydration can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can even make you sick.

This is why this term we are encouraging you to hydrate yourself better by making and drinking some delicious smoothies. As always, we encourage you to move your bodies as well so once you've made your smoothie head over to our youtube page for some ACTIVE QUIZ FUN!

If you part take in this challenge and send us an email about it, you get a chance to win one of our prizes! Winners of the prizes will be announced at the end of the challenge.

### Shopping List

- 1 banana
- 1 tbsp porridge oats
- 80gr of berries (strawberries, blueberries, raspberries) fresh or frozen
- 150ml milk (or substitute; water works well too)
- 1 tsp vanilla extract

### Breakfast Smoothie

Enjoy it for breakfast or a yummy snack!

**Prep Time: 2 minutes**

**Makes: 2 Glasses**

1. Put all the ingredients in a blender and whizz until smooth.
2. Pour the smoothie in 2 glasses to serve.

enjoy!



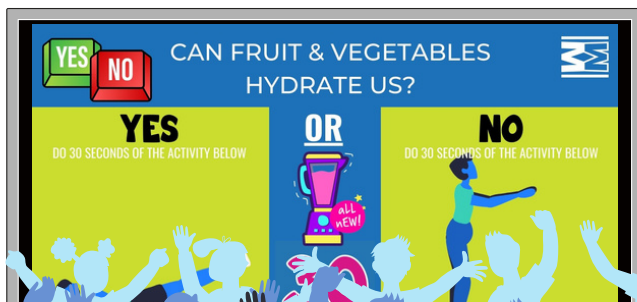
# TIME TO MOVE!



- Scan the QR code with your camera phone to load Week 1's video or you can click or type the link into a URL bar to load.
- Guess the answers to the questions and do the relevant activity beneath it for 30 seconds.
- At the end the quiz you will uncover a letter. Each week you will get an extra letter that will help you crack the code and uncover the winning word at the end of the 4 week challenge!



Play it as a weekly, whole school assembly!



[bit.ly/MM-HYDRATE-WK1](https://bit.ly/MM-HYDRATE-WK1)



If you take part in our challenge and send us pictures and/or confirm the secret letter, you will be in with a chance to win one of our prizes! Winner(s) of the prize(s) will be announced at the end of the challenge (just before the summer holiday).



EMAIL: [marijana@move-more.org](mailto:marijana@move-more.org)

Or Share your #HopSkipHydrate pics on social media  
Don't Forget to Tag & Follow us @MoveMoreCIO

**WWW.MOVE-MORE.ORG/PARENTZONE**