

# HOTSTEPPA'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 HotSteppa's homework challenges
- Try to make HotSteppa's homemade burgers

## HOTSTEPPA'S CHALLENGES

TICK EACH  
TIME YOU  
DO IT

### 1) TOUCH: CHALLENGE YOUR WHAANAU TO A GAME.

Set up a field in your backyard or local park and get your mates/whaanau together for a game of touch. Five touches or a dropped ball is a handover.

### 2) SPEED DEMON: MAKE A SPRINT TRACK AND BEAT YOUR TIME.

Set up a track at home or in the park. Try to beat your PB (personal best). Challenge your whaanau or friends.

### 3) PASS IT ON: PRACTISE YOUR RUGBY OR KI-O-RAHI PASSES.

Perfect your passing skills with a mate or family member, or use a target. Make sure you practice passing off both sides (left and right).

### 4) DRAGON'S TAIL: HOW MANY TAILS CAN YOU GRAB?

With whaanau/friends make a tail from a sock and hang from your pants pocket/waistband. Grab your opponents tail, you win! Try again with more tails.

### 5) KICK & CATCH: ON THE FULL OR AFTER A BOUNCE.

Kick the ball and try to catch it. Start small and then kick as high as you can. Play with others and create a challenge for those who drop the ball (e.g. run and touch the fence and back).



## HOTSTEPPA'S HOMEMADE BURGER

### INGREDIENTS:

- 500g lean beef mince
- ½ onion, finely chopped
- 2 tablespoons sweet chilli sauce (optional)
- 1 egg
- 2 tablespoons water
- 8 burger buns
- Extra burger fillings (see below)

### METHOD:

1. Combine mince, onion, sweet chilli sauce, egg and water. Season with salt and pepper. Mix well.
2. Wet hands and make 8 patties.
3. Flatten slightly and cook on both sides until brown – on BBQ or in pan.
4. Serve on toasted bun with relish, tomato sauce or low-fat mayo and plenty of fresh ingredients e.g. lettuce, tomato, egg, pineapple, avocado, cucumber, capsicum, carrot etc.

## HOTSTEPPA'S HOMEWORK

1) What words associated with ball sports can you think of that start with these letters?

H  
O  
T  
S  
T  
E  
P  
P  
A

2) HotSteppa loves all types of rugby - union, league, touch and 7's.

How many players are on each of her teams on the field?

Rugby -

League -

Touch -

7's -

Add them up - how many players are there all together in HotSteppa's teams?

3) The Rugby World Cup is being held in 2019. Design your own rugby jersey for the competition. Think about team name, colours, logos and patterns.

4) Complete HotSteppa's home play challenges.

5) Using HotSteppa's recipe, try making her burgers at home.