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In the egg and spoon race, you balance an egg on a spoon while racing others to the finish line. You need good balance, body control and coordination.

Equipment

A hard-boiled egg and spoon for each person in the race. The larger the spoon, the easier it will be to balance the egg.

What to do

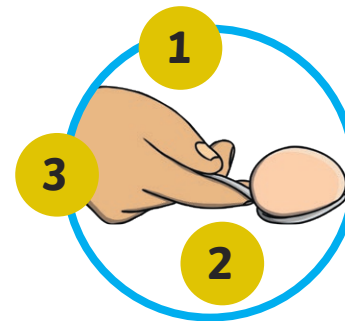
1. Practise balancing the egg on the spoon while standing still.
2. Practise moving with the egg on the spoon. How fast can you go? Remember – the idea is to go as quickly as you can without the egg falling off!
3. Practise picking up the egg and putting it back on the spoon as quickly as you can. If this happens in the race, you will need to stand still to get the egg balancing on the spoon again before you continue in the race.
4. Experiment with holding the spoon at different places along the handle. What happens when your hand is further away from the egg?
5. Measure out a distance of 10m and practise racing against family members. Don't worry if you have to change direction to move 10m or go there and back in your garden or living room!

Technique: Holding the spoon

- 1 Place your thumb on the top.
- 2 Keep your fingers bent underneath the spoon.
- 3 Take most of the handle in your hand.

Technique: Moving with the egg and spoon

- 4 Relax your shoulder and lean your body forwards.
- 5 Keep your elbow held up and out and slightly bent.
- 6 Alternate between looking forward and checking your egg.



Watch the video [here](#) to see how it is done.