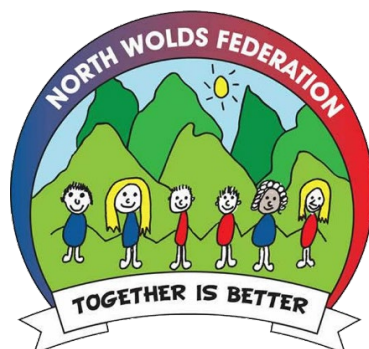


North Wolds Federation

Fitness and Skills Workouts



Wednesday	Fitness Work out	Teaching points
Reception	<p>Colour Chase Stood some where in your house, get an adult or sibling to call out a colour for example red, blue, yellow. You then have to run as fast as you can and find that colour in the room and touch it.</p> <p>Balance challenge Tightrope Walking Use a skipping rope or piece of string to create a line that you have to walk as if it were a balance beam.</p>	<p>You can choose how they move to touch the colour –jog, hop, crawl etc.</p> <p>Choose lots of colours and develop their vocabulary.</p> <p>Maybe give them a time limit to get there and if they do not get there in the time they have a forfeit to complete – 5 star jumps etc.</p> <p>Place the heel of one foot in front of the toes of the other foot, step by step.</p> <p>Add toys on the line as obstacles.</p> <p>Challenge them to walk backwards!</p>

We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk