

North Wolds Federation

Fitness and Skills Workouts



Wednesday	Fitness Work out	Teaching points
KS2	<p>Circuit Training</p> <p>3 Rounds 30 Stair Step Ups 30 Seconds Jog 20 star Jumps 20 Spotty Dogs 30 Seconds Rest</p> <p>Extension – Can you create your own circuit training session?</p>	<p>Stair Step ups – stand at the bottom of the stairs, step up onto the first step bringing both feet together and then back down onto the floor. Try to change which foot steps up first each time.</p> <p>Spotty Dogs – stand with one foot in front of the other in a stride stance. Your arms need to be with one pointing backwards and one forwards. Next, you jump and swap you hands around and which foot is at the front and back, repeat.</p> <p>Use any of the movements that we have so far or come up with your own. Then choose for how long or how many you are going to do of that exercise.</p>

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