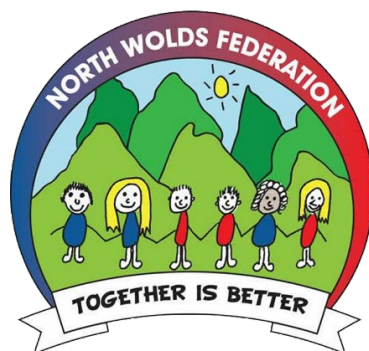


# North Wolds Federation

## Fitness and Skills Workouts



Wednesday	Fitness Work out	Teaching points
KS1	<p><b>Jungle Fitness</b> Different jungle/exotic animals are called out and the children move around the room like these animals</p> <p>Extension: Choose your 3 favourite animal movements and link them.</p>	<p>Examples of what we are looking for –</p> <p>Elephant - big slow steps lifting the feet up high and placing slowly.</p> <p>Lion – On hands and feet, stalking and then pouncing, good changes of speed.</p> <p>Snake – low sliding movements</p> <p>Monkey – squatting with arms up high, moving around in this low compressed position.</p> <p>How do you move from one movement to the next? Transitions.</p> <p>Can you challenge a family member to move like an animal?</p>

We encourage you to tweet any achievements to @Northwoldsfed or email them to [Daniel.toothill@marketrasen.lincs.sch.uk](mailto:Daniel.toothill@marketrasen.lincs.sch.uk)