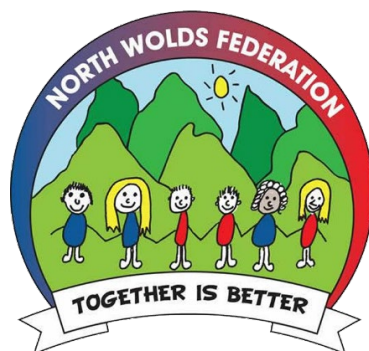


# North Wolds Federation

## Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
KS1	<p><b>Musical Statues</b> Choose some up beat music (we like “Happy” from Despicable Me 2)</p> <p>When the music plays move your body and dance! When the music stop you have to stand completely still. If you move then you have a forfeit to complete – 5 star jumps.</p> <p><b>Extension – Family Dance Off!</b> Challenge a family member to a dance off. The winner is the person with the coolest dance moves.</p>	<p>Enjoy yourself and show your best moves!</p> <p>To stay still try focusing on something in the room that isn’t moving.</p> <p>To make it harder can you freeze on one foot and balance or choose another interesting balance shape to freeze into.?</p> <p>You can also include the musical statue element.</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)