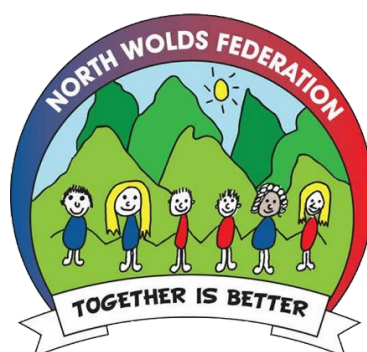


North Wolds Federation

Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
Reception	<p>Body Part freeze Children move around the room. When an adult/sibling calls out a body part they have to move quickly to a marker (sock, cone, marker on the floor) and touch the marker with that part of their body.</p> <p>Extension - Challenge This time two players move around their own Marker on the floor, again when an adult/sibling calls out a body part they have to touch the marker with that part of their body. Whoever does it first gets a point.</p>	<p>You can choose how they move –jog, hop, crawl etc.</p> <p>Choose lots of body parts and develop their vocabulary.</p> <p>Players can be different distances from the markers</p> <p>You can just get the players to jog on the spot next to the cones.</p> <p>Play first to 3 points, the winner then gets to choose a forfeit for the other player- 5 star jumps.</p>

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