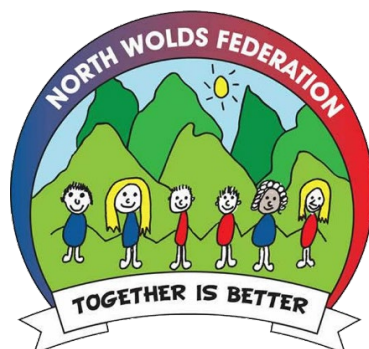


North Wolds Federation

Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
KS2	<p>Interval Training</p> <p>Mark out a track/ length in your garden for you to run.</p> <p>First jog from one end to the other and then walk back. Complete this 5 times.</p> <p>Secondly, can we Jog the length and then jog back. Complete 5 times</p> <p>Next, sprint to the end and walk back. Complete 5 times</p> <p>Lastly, Sprint to the end and jog back. Complete 5 times</p>	<p>Ways that we can differentiate this activity.</p> <p>You can complete these over different distances.</p> <p>You can do more or less than 5 of each.</p> <p>You could repeat these 4 stages for a second round.</p> <p>You can do 1,2 or 3 of these stages and do multiple sets/rounds.</p>

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