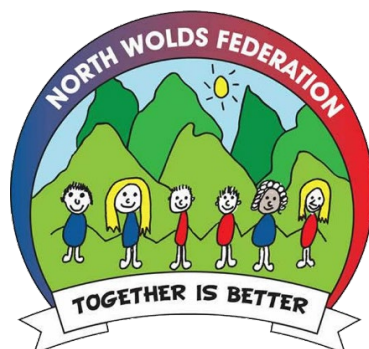


# North Wolds Federation

## Fitness and Skills Workouts



| Friday                  | Fitness Work out  | Teaching points   |
|-------------------------|---|---|
| <p><b>Reception</b></p> | <p><b>Melting Ice Caps</b><br/>           Mark out an area on the floor approximately 2 large strides by 2 large strides.</p> <p>Choose a movement and perform this movement in the space "ice cap".</p> <p>Then make the ice cap smaller and try and perform the movement.<br/>           Keep making the ice cap smaller and smaller until you can not perform the skill any longer.</p> <p>Then change the movement and see how this changes how small the ice cap can get.</p> <p><b>Extension</b><br/>           What shapes or balances can you</p> | <p>You can mark out the ice cap with rope, chalk, clothes etc.</p> <p>Movements that you can use could be; Hop, jump, skip, crawl etc.</p> <p>Which movement could you do in the smallest space?</p> <p>Which did you find the easiest/hardest?</p> |

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|  | perform on the different sized ice caps? | Use different body parts and numbers of body parts to perform multiple balances on the ice caps.<br><br>How still can you hold them? |
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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)