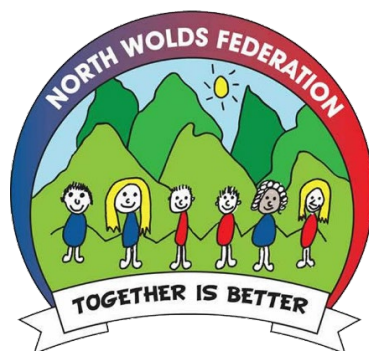


North Wolds Federation

Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
<p>KS1</p>	<p>Body Bop it Stand facing a partner. Number yourselves 1 and 2. Player 1 chooses a part of their body to tap with their hand. Player 2 then has to tap that part of their body and then adds a second body part to tap Player 1 then taps the previous 2 body parts chosen and then chooses a third body part to tap. This repeats until one player gets the sequence wrong. The winner then gives the other player a forfeit – 5 star jumps etc</p>	<p>Examples of body parts that you can tap could be; elbow, head, knee, shoulder, ears, feet etc.</p> <p>You can make it harder by using both hands and being specific about which one you have to use.</p> <p>You could have a time limit for remembering the sequence.</p> <p>You can do this as a mirrored exercise – same side Or you could do it as the left or right side.</p> <p>You can tap the same body part twice it doesn't always have to be a different body part.</p> <p>Extension - Maybe you can come up with a sequence of body parts for the other player to tap and challenge them that way.</p>

	Extension Repeat the above format but use movements on the spot.	Movements that you could include are; Jump, hop, clap, squat etc. You can differentiate it using all of the above options.
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We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk