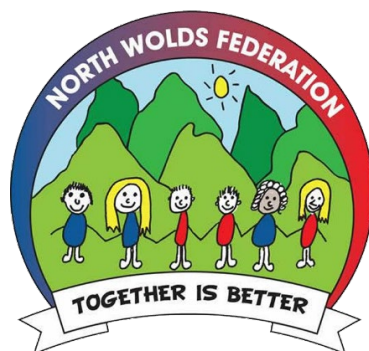


North Wolds Federation

Fitness and Skills Workouts



Monday	Fitness Work out	Teaching points
Reception	<p>Copy Me</p> <p>One person is chosen as the leader. That person stands in front of everyone else.</p> <p>This person chooses different actions to complete and everyone else has to copy them.</p> <p>After that person has had a turn they either swap with the other person or if there are more people in your family, they choose the person who was copying the best.</p> <p>Try and start off with simple movements and then make them as active as possible.</p>	<p>Simple actions that you could include:</p> <ul style="list-style-type: none"> Touch your head Touch your shoulder Touch your toes Pat your tummy Circle your arms like a train Jump <p>Active movements that you could include:</p> <ul style="list-style-type: none"> Star jumps Squats Jogging on the spot Rolling from your tummy to your back Bicycle legs while laid on your back Funny dancing Wiggles/shakes <p>Extension:</p> <p>This activity can be progressed by turning it into Simon Says. If the person gets it wrong they have to complete a forfeit.</p>

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