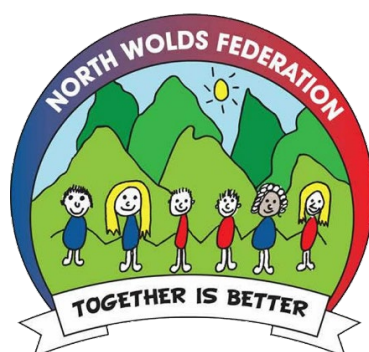


North Wolds Federation

Fitness and Skills Workouts



Monday	Fitness Work out	Teaching points
KS2	<p>Alphabet Fitness Using the key opposite spell out your name by completing the active movements for each letter of your name.</p> <p>Extension 1: Can you spell other peoples names in your family?</p> <p>Extension 2: Choose a word for someone else in your family to spell.</p> <p>Extension 3: Discover a new word in the dictionary and spell this using the key.</p> <p>Extension 4: Get an adult to ask you a trivia question. When you know the answer, spell it using the key.</p>	<p>A – 10 Star jumps B – Hop on your right foot 10 times C – Balance on your left foot for 20 seconds D – 4 Log rolls (long shape on the floor) E – Run to the front door and back F – 10 Squats G – 10 Lunges H – 20 large side steps to the left I – Hop on your left foot 10 times J – Stretch up to the ceiling for 20 seconds K – March like a soldier for 30 seconds L – Bend and touch your toes 10 times M – 20 Upwards punches N – Balance on your right foot for 20 seconds O – Walk on your knees for 20 seconds P – Hop sideways 10 times Q – Pretend to ride a horse R - 20 large side steps to the right S – Hug the nearest family member T – 10 Down Ups U – 10 big circles forwards with your arms V – Funny dance for 20 seconds W – Crawl around the room/area X – 10 big circles backwards with your arms Y – Crawl backwards around the room Z – 10 Push ups</p>

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