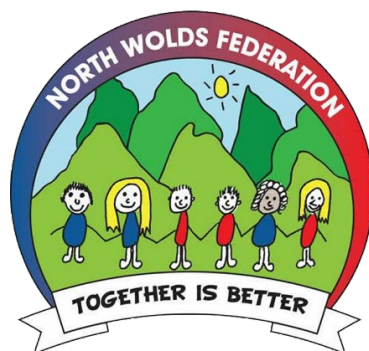


North Wolds Federation

Fitness and Skills Workouts



Monday	Fitness Work out	Teaching points
KS1	<p>Flip Flop The children will know this as Domes and Dishes. However, to allow it to work at home we have renamed it Flip Flop.</p> <p>You will need something that has two contrasting sides for example playing cards work best but DVDs or CDs would also work.</p> <p>Extension 1: You can then change how the players can move around the room e.g. hop, jump, skip, crawl etc.</p> <p>Extension 2: You can time each player to see how fast they can turn all of the items over to their side.</p>	<p>Scatter them out on the floor, spaced out as much as you can. Choose a time limit for your game for example 1 minute.</p> <p>When “GO” is called the two players have to turn the items over to display their side.</p> <p>After the time has elapsed, the items displaying their side for each player are counted. The winner being the player with the most items turned over in their favour.</p> <p>Both players can move the same way or each player can choose a different method of travel for the other player.</p> <p>The opposite player can choose how they move to complete this task. Be creative and really challenge your opponent.</p>

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