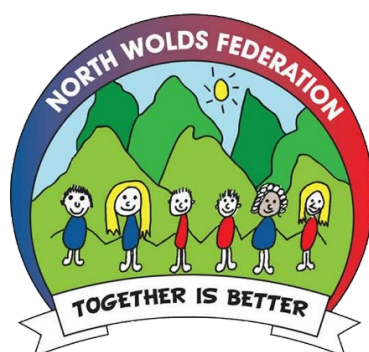


North Wolds Federation

Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
<p>KS1</p>	<p>Balancing Balancing on one leg whilst stood on a marker on the floor. This will give children a clear area to stay within whilst developing the basics of balance. Use a stopwatch to record times and encourage children to improve them to achieve a new personal best.</p> <p>-Balancing Game; Buckaroo While one person balances on one foot, the other person places items on their body (outstretched arms, leg head etc). They keep going until either the items fall off or the balancing player puts their foot down.</p>	<p>-Make it hard: balancing on one leg whilst also balancing a beanbag on head</p> <p>-Make it easier: balancing on one leg whilst the other leg is on a chair or ball.</p> <p>Make it harder: balancing on one leg whilst playing catch with a beanbag.</p> <p>The players then swap roles.</p> <p>The score is the amount of items that they got to balance on the balancing player.</p> <p>What items are good to balance on one another? Which are harder? Why?</p>

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