

North Wolds Federation

Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
Reception	<p>The Teacher Says The teacher calls out a command e.g. "Miss Smith says do 5 star jumps" (to encourage cardio vascular exercise).</p> <p>The teacher can model the move correctly but sometimes perform the 'wrong' move, e.g. tuck jumps.</p> <p>or</p> <p>"Miss Smith says stretch as high as you can on one foot" (to encourage balancing skill) but teacher curls up in a ball.</p>	<p>Players have to do what has been asked not what has been demonstrated.</p> <p>It is a bit like Simon says but it mixes actions and words rather than changing the sentence.</p> <p>If the player gets the action wrong then they have to do a forfeit of the teachers choice.</p> <p>Extension: Can you do this and mime playing sports? For example mime playing football but call out swim.</p>

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