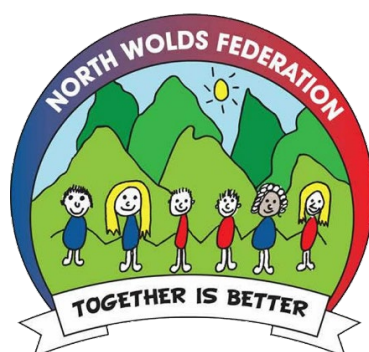


North Wolds Federation

Fitness and Skills Workouts



Monday	Fitness Work out	Teaching points
<p>KS1</p>	<p>Tape Maze</p> <p>Mazes are great for kids to do because it not only keeps their attention, but it's also great for their mind to work through while being active.</p> <p>To make your own maze, take some masking tape and create a simple, large rectangle on the floor with one small opening.</p> <p>Then, make lines that connect through out the maze.</p> <p>Alternatively you can use items from around the house to create the maze.</p>	<div data-bbox="794 949 1321 1294" data-label="Image"> </div> <p>Depending on the ages of your kids you can keep it simple or make it more involved.</p> <p>Your children can navigate the maze themselves, or use cars and trucks to move through the maze. Let them use their imagination.</p> <p>Extension: Create one for each other and see who can solve it the fastest.</p>

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