

North Wolds Federation

Fitness and Skills Workouts



Monday	Fitness Work out	Teaching points																				
<p>Reception</p>	<p>Be your own super Hero! Complete the super hero training opposite and become the hero that you all are!</p> <p>Make sure that you come up with a good super hero name and choose your powers wisely.</p> <p>Let us know what name you choose and what your first mission was!</p> <p>Extension: What other super hero moves can you come up with? What will your power pose look like?</p>	<div style="border: 2px solid red; padding: 10px;"> <p style="text-align: center;">Superhero Action Training</p> <p style="font-size: small;">Directions: Perform each action. Check it off when complete. Circle all the action verbs.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="padding: 5px;"><input type="checkbox"/> balance on one foot for 10 seconds </td> <td style="padding: 5px;"><input type="checkbox"/> bend and touch your toes 10x </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> crawl forward for 10 feet </td> <td style="padding: 5px;"><input type="checkbox"/> curl your body up and hold for 10 seconds </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> gallop for 10 steps </td> <td style="padding: 5px;"><input type="checkbox"/> hop on one foot 10x </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> jump in place 10x </td> <td style="padding: 5px;"><input type="checkbox"/> kneel up tall for 10 seconds </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> leap forward 10x </td> <td style="padding: 5px;"><input type="checkbox"/> roll in a straight line for 10 feet </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> run in place for 10 seconds </td> <td style="padding: 5px;"><input type="checkbox"/> sit and then stand up 10x </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> skip forward 10x </td> <td style="padding: 5px;"><input type="checkbox"/> slide to the right 10x slide to the left 10x </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> stomp your feet in place 10x </td> <td style="padding: 5px;"><input type="checkbox"/> straighten your body and hold for 10 seconds </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> stretch your legs for 10 seconds </td> <td style="padding: 5px;"><input type="checkbox"/> twist your body to the right and left 10x </td> </tr> <tr> <td style="padding: 5px;"><input type="checkbox"/> walk backwards for 10 steps </td> <td style="padding: 5px;"><input type="checkbox"/> wiggle your body for 10 seconds </td> </tr> </tbody> </table> </div> <p style="text-align: center;">Maybe you could dress up!</p>	<input type="checkbox"/> balance on one foot for 10 seconds	<input type="checkbox"/> bend and touch your toes 10x	<input type="checkbox"/> crawl forward for 10 feet	<input type="checkbox"/> curl your body up and hold for 10 seconds	<input type="checkbox"/> gallop for 10 steps	<input type="checkbox"/> hop on one foot 10x	<input type="checkbox"/> jump in place 10x	<input type="checkbox"/> kneel up tall for 10 seconds	<input type="checkbox"/> leap forward 10x	<input type="checkbox"/> roll in a straight line for 10 feet	<input type="checkbox"/> run in place for 10 seconds	<input type="checkbox"/> sit and then stand up 10x	<input type="checkbox"/> skip forward 10x	<input type="checkbox"/> slide to the right 10x slide to the left 10x	<input type="checkbox"/> stomp your feet in place 10x	<input type="checkbox"/> straighten your body and hold for 10 seconds	<input type="checkbox"/> stretch your legs for 10 seconds	<input type="checkbox"/> twist your body to the right and left 10x	<input type="checkbox"/> walk backwards for 10 steps	<input type="checkbox"/> wiggle your body for 10 seconds
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We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk