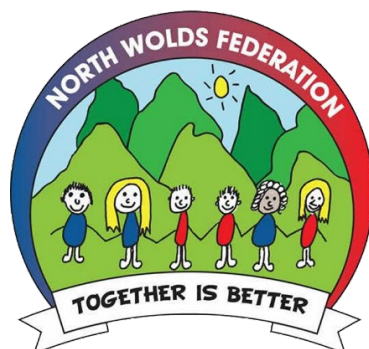


# North Wolds Federation

## Fitness and Skills Workouts



Tuesday	Fitness Work out	Teaching points
<p><b>Reception</b></p>	<p><b>Sock Dodge</b></p> <p>Plan a route around the house that has a start and end point.</p> <p>One person has to complete the course while the second player tries to hit them by throwing rolled up socks at them.</p> <p>For every sock that hits the player completing the course the other player gets a point.</p> <p>The player with the most amount of points wins.</p>	<p>Make sure that all breakable items are not in the playing zone, maybe choose to play outside.</p> <p>Enforce that soft throws are the only ones allowed. Maybe use under arm throws if players are getting too excited.</p> <p><b>Extension1:</b> Every time a player gets hit by a sock, they have a forfeit to complete – 10 squats.</p> <p><b>Extension2:</b> Can you complete the course in reverse?</p> <p><b>Extension3:</b> State how the player has to move through the course, crawling, hopping, jumping etc.</p>

We encourage you to tweet any achievements to @Northwoldsfed or email them to [Daniel.toothill@marketrasen.lincs.sch.uk](mailto:Daniel.toothill@marketrasen.lincs.sch.uk)