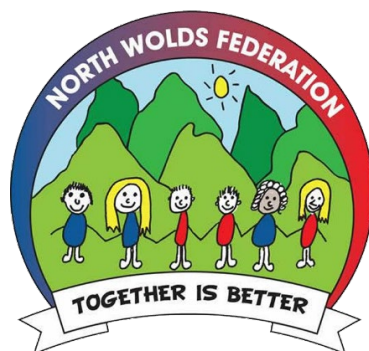


North Wolds Federation

Fitness and Skills Workouts



Tuesday	Fitness Work out	Teaching points
<p>KS1</p>	<p>In and Out Hangman This game can be engaging for young kids and may even be a fun way to learn.</p> <p>How to Play</p> <p>Ask your child a question and on the board draw tiny blanks to correlate with the number of letters in the answer.</p> <p>Allow enough space between two words to make it easier for the child to guess the answer</p> <p>Instruct your child to guess one letter in the answer and one letter that isn't in it alternatively.</p>	<p>What You Will Need</p> <p>White or blackboard Marker or chalk Set of questions and answers or words and hints</p> <p>Your child is allowed seven wrong guesses, which is the number of steps it takes to complete a hangman figure</p> <p>For every wrong answer they give they have an active forfeit to complete – for example 10 squats.</p> <p>Extension: You can make the game exciting for your child by asking about their favourite toys, movies, etc.</p>

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