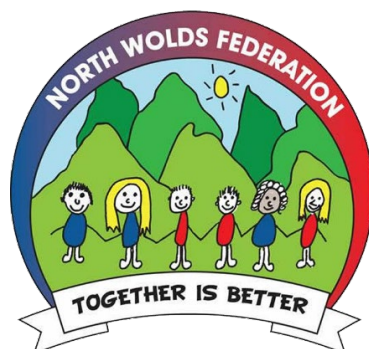


# North Wolds Federation

## Fitness and Skills Workouts



Wednesday	Fitness Work out	Teaching points
<p><b>KS2</b></p>	<p><b>Jump On It</b></p> <p>This is a fun workout to do all based around jumping and plyometrics.</p> <p>Complete each exercise for 30-60 seconds.</p> <p>Complete either 1 or two rounds if you really want to push yourself.</p> <p>Rest no longer than 20 seconds between each exercise.</p> <p><b>Extension:</b> What other jumps do you know that we could add?</p>	<div data-bbox="794 869 1177 1379" style="background-color: #4b0082; color: #e67e22; padding: 10px; text-align: center;"> <p>Squat Jumps</p> <p>Jump rope</p> <p>Burpees</p> <p>Jumping Jacks</p> <p>Bench Jump-ups</p> <p>Line Jumps</p> <p>Scissor Jumps</p> <p>Frog Jumps</p> <p>Box Jumpovers</p> </div> <p>Squat jumps – squat and then jump.</p> <p>Jump rope – either use a skipping rope or pretend to skip with one.</p> <p>Burpees – we know them we love/hate them.</p> <p>Jumping Jacks – Star jumps</p> <p>Bench jump ups - jump two feet on to the bottom step of your stairs and then back down again.</p> <p>Line jumps – jump side to side over a line.</p> <p>Scissor jumps – Spotty dogs</p> <p>Frog jumps – jump like a frog – extra points for frog noises.</p> <p>Box jump overs jump onto something and over it, alternatively get a cereal box and jump over it.</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)