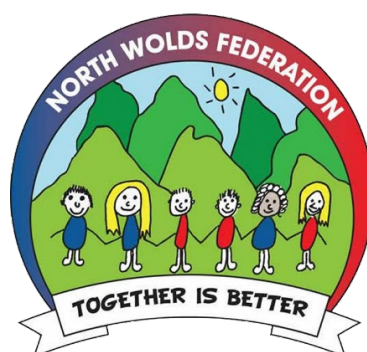


# North Wolds Federation

## Fitness and Skills Workouts



Wednesday	Fitness Work out	Teaching points
<p><b>Reception</b></p>	<p><b>Building a Fort</b></p> <p>Although not necessarily a game, it can keep your child active and promotes problem solving.</p> <p><b>How to Play</b> To make a cardboard fort, you can simply stack up a few cardboard boxes together and stick them with tape.</p> <p>Stack up pillows on two sides with a gap between them and throw a blanket over for a simple pillow fort.</p> <p>A few sticks and a blanket can help you build a tepee tent</p> <p>Simply cover a table or a couple of chairs with a blanket, and you'll have a small fort. You</p>	<p><b>What You Will Need:</b></p> <p>Pillows Chairs Cardboard boxes Blankets Anything else in the house that can be used</p> <p><b>Extension:</b> Create a network of tunnels to crawl through, bridges to climb over and gaps to jump across. This will allow the children to link skills to access their fort.</p>

	could also fold up the blanket on one side and call it an entrance	
--	--	--

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)