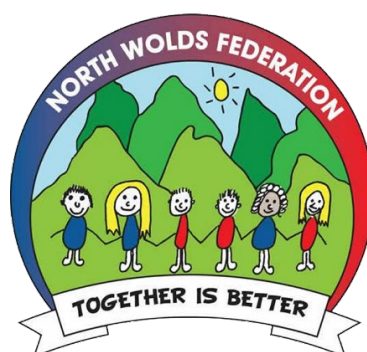


# North Wolds Federation

## Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
KS2	<p><b>Sticky Note Wall</b>            Attach sticky notes to the back of a door and write a different exercise on each one. Make a “start” line a few meters away from the door and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks.</p> <p>They then throw their object to try and hit one of the exercises on the door.</p> <p>When they hit one they perform the exercise that is written on that sticky note.</p> <p>Keep going until all the exercises have been completed.</p>	<p>You can have as many or as few exercises as you wish.</p> <p>You can choose what exercises to write on the sticky notes</p> <p><b>Extension:</b>            Have a second set of sticky notes or three buckets/ hoops. Once you have hit an exercise you then throw a seconded bean bag at the buckets/hoops that are worth different amounts for example; 5 reps, 10 reps, 30 seconds, max effort etc. This obviously signifies how the exercise is to be performed.</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)