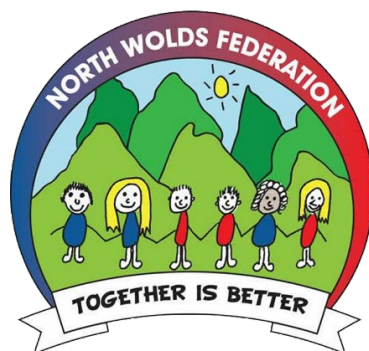


North Wolds Federation

Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
KS1	<p>Pillow Case Race</p> <p>On hardwood or tile floors set up a race track. Make sure that there are lots of twists and turns.</p> <p>Maybe there are some obstacles along the way to negotiate.</p> <p>sit on a pillow case (or a t-shirt) and use your arms and legs to scoot around a “race” course.</p> <p>The first person to scoot around the track and cross the finishing line</p>	<p>Players can have head starts over other players to make it fairer and more competitive.</p> <p>Try using different items to race on – pillow cases/tshirts/blankets/towels etc.</p> <p>Extension: Put in some tasks that have to be completed along the way for example; collecting items along the way or different stations where exercises have to be completed.</p>

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