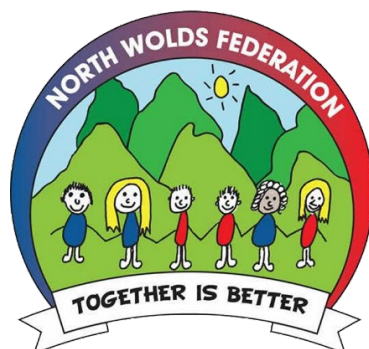


North Wolds Federation

Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
Reception	<p>Indoor/ backyard/garden sports day</p> <p>Hold your own household sports day.</p> <p>Challenge your family!</p> <p>Events that you could include;</p> <p>Sprints</p> <p>Egg and spoon race</p> <p>Sack race</p> <p>Quoit race</p> <p>Obstacle race</p> <p>Jumping competition</p> <p>Throwing competition</p>	<p>Egg and spoon – this can include any objects where you can balance one thing on top of the other.</p> <p>Sack race - hold an item between your knees and jump.</p> <p>Quoit race – balance an item on your head and have a race</p> <p>Obstacle race – either have two matching lanes or time each person on the same course.</p> <p>Jumping competition – see how far each person can jump – this can be a standing jump or a running jump.</p> <p>Throwing competition – throw items such as rolled up socks and see who can throw the furthest.</p> <p>Extension; Have an opening and closing ceremony with an awards giving event. Come up with your own awards – funniest throw, silliest run etc.</p>

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