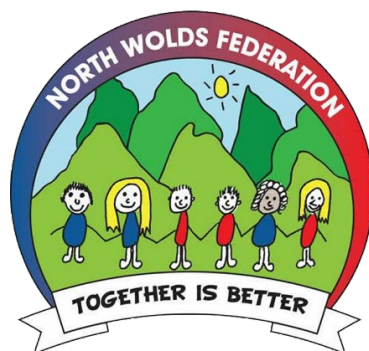


North Wolds Federation

Fitness and Skills Workouts



Friday	Fitness Work out	Teaching points
KS2	<p>Indoor/ backyard/garden sports day Hold your own household sports day. Challenge your family!</p> <p>Events that you could include;</p> <p>Sprints Egg and spoon race Sack race Quoit race Obstacle race</p> <p>Jumping competition Throwing competition</p> <p>Long distance run</p> <p>Extension: What other events could you include? High jump? Hammer throw?</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>For this event you can also try hop step and jump – being the three phases of the triple jump.</p> <p>Throwing competition – throw items such as rolled up socks and see who can throw the furthest.</p> <p>Use a javelin throwing technique Use a shot putt technique.</p>

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