

Monday 8<sup>th</sup> to Friday 12<sup>th</sup> June

HWB

Mr McLean has arranged for a virtual sports day on Thursday 11<sup>th</sup> June. This week our HWB home learning activities will be linked to this.

### Core Task

Choose from one of the physical activity games below.

Please note for 'Pirate Ship, Bean, Traffic Lights and Video Game' the adult says the words on the left e.g. 'main deck' and the children do the action e.g. jogging on the spot.

You may choose to do more than the one activity card.

## Jungle

- Children are running through the jungle and are given a series of commands to follow as they escape different animals:
- Jumping over logs
- Ducking under branches
- High knees
- Running from a given animal
- Tiptoeing past a given animal
- Swinging through the jungle like Tarzan



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## Pirate Ship

- Main deck - jogging on the spot
- Port - children jogging to their left
- Starboard - children jogging to their right
- Stem - walking backwards
- Scrubbing the deck - crouching down and pretending to clean the floor
- Climb the rigging - pretending to climb a rope ladder
- Walk the plank - walking in a perfect straight line with one foot in front of the other and arms outstretched
- Shark attack - crouching and moving with one bent arm forming a shark fin



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## Bean

- Runner beans - jogging on the spot
- Broad beans - standing tall and walking on tiptoes
- Jumping beans - jumping on the spot
- Jelly beans - moving around like jelly
- Kidney beans - hopping on the spot and holding on to one knee
- Baked beans - crouching down and curling up very small



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## Traffic Lights

- Red – stop
- Amber – jogging on spot
- Green – jogging/running
- Move lanes – changing direction



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## Video Game

- Play – walking
- Pause – stop
- Fast forward – jogging/running
- Rewind – walking backwards
- Record – walking using silly actions or faces



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### Optional Task

Spell out your full name and complete the exercise activities below.

Extension - Spell out some red words and do the exercise activities for these!

Spell out some of the names of the people at home and do the exercise activities!

Spell out some of your friend's name and do the exercise activities!

# what's *fit activity* for kids *your name?*

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

**A** jump up & down 10 times

**N** pick up a ball without using your hands

**B** spin around in a circle 5 times

**O** walk backwards 50 steps and skip back

**C** hop on one foot 5 times

**P** walk sideways 20 steps and hop back

**D** run to the nearest door and run back

**Q** crawl like a crab for a count of 10

**E** walk like a bear for a count of 5

**R** walk like a bear for a count of 5

**F** do 3 cartwheels

**S** bend down and touch your toes 20 times

**G** do 10 jumping jacks

**T** pretend to pedal a bike with your hands for a count of 17

**H** hop like a frog 8 times

**U** roll a ball using only your head

**I** balance on your left foot for a count of 10

**V** flap your arms like a bird 25 times

**J** balance on your right foot for a count of 10

**W** pretend to ride a horse for a count of 15

**K** march like a toy soldier for a count of 12

**X** try and touch the clouds for a count of 15

**L** pretend to jump rope for a count of 20

**Y** walk on your knees for a count of 10

**M** do 3 somersaults

**Z** do 10 push-ups