

| | Move it Monday | Try it Tuesday | Wellness Wednesday | Throwback Thursday | Fit & Funky Friday |
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| Activity | <p>Mater's Tow Truck Trial: Mater is Lightning McQueen's reliable best friend who's always there for him and others by towing them out of tricky situations. Can you tow your friends as well as Mater?</p> <ol style="list-style-type: none"> 1. Use toys to mark out a start and finish line. 2. Get on your hands and knees and place a ball or soft toy on your lower back. 3. You've got to get to the finish line without dropping the ball, but take it slowly – if it falls, you need to start again. 4. Time yourself – see if you can beat your own time, or race against friends. <p>Example: https://www.nhs.uk/10-minute-shake-up/shake-ups/matrs-tow-truck-trail</p> | <p>Throwing for accuracy! What you need: Any objects to throw – this can be anything from small teddies to tea bags (be creative). You will also need some targets; for example, a box or a pan.</p> <p>How to play: Activity 1 – Start by using both hands to try and throw your object into the target (from a short distance). Activity 2 – Once you have done this you can move on to trying to throw with one hand. Activity 3 – Use three different sized targets, start from the biggest target and try and work your way down to the smaller targets.</p> <p>Example: https://www.youtube.com/watch?v=tHRvquNKfIQ</p> | <p>Meditation can have many benefits to adults and children. It is important to slow ourselves down, clear our minds, and practice mindfulness.</p> <p>There are lots of different benefits from meditating. For example:</p> <ul style="list-style-type: none"> - Teachers emotional regulations skills. - Reduces stress and anxiety. - Learn how to breath properly. - Opportunity to unplug. <p>Give it a go by using the link below: https://www.youtube.com/watch?v=mV9BDRf0uGg</p> | <p>Can you come up with different ways of performing the traditional art of skipping? Try : *Two-Foot skip *One-Foot skip *Turning on the spot to face a different direction whilst skipping *Cross Overs (cross the rope in front of you and jump though the loop) *Hopscotch Jump (each jump you swap from a 1 – foot hop to a 2-foot straddle) *Double Bounce (your feet touch the ground x2 each turn of the rope) *Scissors/Spotty Dog) (jump and land with one foot forward and one foot back)</p> | <p>Have fun with the 'spin the bottle' workout. This can be played one of two ways: -If you are playing on your own, write down exercises on different pieces of paper (minimum 5). Place them on the floor in a circle with a bottle in the middle. Spin the bottle and the activity the bottle is pointing to you will have to do that activity for 1 minute. -If you are playing as part of a group, you can place the bottle in the middle and choose someone to start of with the spin. Once it has spun whoever it lands on decides the exercise the group must do.</p> |

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| Challenge | Can you make it to the finish line with more objects on your back? | Can you move the targets further away? If you're playing with another person, can you beat their score? | Can you complete this again another day? | If you have 2 ropes you could get a family member to perform the routine with you at the same time. | To make it more difficult add more exercises. |
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