

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday
Activity	<p>Jackson Storm's Speedway: He's the newest racer on the track and he's breaking all the speed records. Can you outrun Jackson Storm?</p> <ol style="list-style-type: none"> Use toys to mark out a start and finish line. Then place 2 markers at equal points along the course. On the count of 3 you must start to race, but for the first section you can only race on your hands and feet. Once you reach the first marker, start hopping. From the second marker, you must then run to the finish. Time yourself and try and beat your time. <p>Example: https://www.nhs.uk/10-minute-shake-up/shake-ups/jackson-storms-speedway</p>	<p>Golf Rolling! 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: Place a target on the floor (garden or in a room). Decide on a starting point and it mark out.</p> <ul style="list-style-type: none"> The aim of the game is for pupils to roll a ball, making it rest against the target in the least number of rolls possible. If you are playing against someone, the winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target. If you are playing on your own, can you keep trying to beat your score? Change the position of the target after a couple of goes. <p>Tips:</p> <ul style="list-style-type: none"> Use rolled up socks if you do not have a ball. Roll underarm. 	<p>Healthy Hearts! How to play:</p> <ul style="list-style-type: none"> Layout 5 markers in a space around your area. These are your 5 cardio circuit activities. Station 1: Perform 10-star jumps. Station 2: Perform 10 mountain climbers. Station 3: Skip or jump for 10 seconds. Station 4: Perform 10 burpees. Station 5: Jog on the spot for 10 Seconds. <p>Top tips: Break into a sweat!</p> <p>When we increase our hear rate, more blood pumps around our body providing oxygen from the lungs to the muscles.</p>	<p>Hopscotch trail. Can you create a hopscotch of your own? It does not have to follow the traditional 1 2 1 2 1 pattern.</p> <p>You can use pavement chalk and do it in your garden (with parents' permission) or use sock or t-shirts to mark it out in the room.</p>	<p>Rock and Roll Gymnastics! Help develop coordination, balance, and strength, which is an important part of a child's physical development.</p> <p>Activity one Sit in a tight tuck position and hold onto your sock as tight as you can. Can you rock backwards and forwards whilst keeping hold of the sock? Try not to touch the floor. Make sure you use your stomach muscles.</p> <p>Activity two Now try holding on the top of your knees.</p> <p>This time we will try with your legs straight out. Make sure your hands are behind your legs so your elbows don't touch the floor.</p> <p>Activity three Use a pair of socks to make sure you aren't using your hands. Keeping hold of the socks rocking backwards and forwards, can you stand up? You must stay in that nice tight tuck</p>

		<p>Let's Reflect:</p> <ul style="list-style-type: none"> - When did you have to increase power of your rolls? 	<p>Let's Reflect:</p> <ul style="list-style-type: none"> - Were you able to work hard and increase your heart rate? - Do you understand why it is important to raise our rate and keep active? 		<p>shape. Make sure you stand nice and tall.</p>
<p>Challenge</p>	<p>Add more sections or make the course longer.</p>	<p>Add obstacles to make the golf course harder.</p>	<p>How many times can you repeat the circuit?</p>	<p>Can you add a new move into the traditional hopscotch?</p>	<p>Activity four Moving onto the hardest version of this. Parents this is a good one for you to try as well if you want to give it a go.</p> <p>We are going to ask you to stand up on one leg. Rock backwards then forwards and up on to one leg. Can you try the opposite leg? This is pretty hard, one leg up, rock back and then stand up.</p>