

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday
Activity	<p><b>Nala's Sprint to Safety:</b> Weave your way out of the elephant graveyard running faster than a hyena.</p> <p><b>How to play:</b></p> <ol style="list-style-type: none"> <li>1. Set up a course using any objects you can find (like shoes or cuddly toys) with gaps in between.</li> <li>2. Run from start to finish as fast as you can, weaving in and out of the objects.</li> <li>3. If you touch or knock over any of the objects, go back and set them back up.</li> <li>4. See how many laps you can do in 10 minutes.</li> </ol> <p><b>Example:</b> <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups/nalas-sprint-to-safety">https://www.nhs.uk/10-minute-shake-up/shake-ups/nalas-sprint-to-safety</a></p>	<p><b>Footwork Patterns!</b> <b>What you need:</b> Create a track indoors using things like teddies or plastic cups. Make sure there is enough space for your child to turn their bodies and avoid sharp corners. An indoor track encourages children produce controlled movements, but you can try it outside in a garden too.</p> <p><b>How to play:</b></p> <ul style="list-style-type: none"> <li>- <b>Step one</b> First, try speed walking around the track, making sure the child's feet touch the ground from heel-to-toe, and use your arms to drive you forward.</li> <li>- <b>Progression one</b> Can you side-step around the track? Don't let your feet click together and bend those knees! How many times can you travel around the track in 60 seconds?</li> <li>- <b>Progression two</b> Let's combine side steps and pivots! Pivot your body forwards every time you pass a teddy to face the opposite direction. How many teddy 'checkpoints' can you pass in 60 seconds?</li> </ul> <p><b>Example:</b></p>	<p><b>Near by Scavenger hunt!</b> Daily outdoor exercise is important. You can make a nice walk more fun by creating a scavenger hunt. The specific features and landscape of your backyard or park and the ages of your participants will help you determine the items and activities for the scavenger hunt. Be creative and have fun! Below are just a few suggestions to get you started.</p> <p><b>Items</b></p> <ul style="list-style-type: none"> <li>Pine cones</li> <li>Wildflowers</li> <li>Acorns</li> <li>Moss</li> <li>Leaves</li> <li>Worms</li> <li>Caterpillars</li> <li>Animal tracks</li> <li>Animal shells or skins</li> <li>Rocks of various shapes and textures</li> <li>Sticks</li> </ul> <p><b>Activities</b></p>	<p><b>Red Light, Green Light!</b></p> <p>A simple movement game in which players try not to be caught in a moving violation.</p> <p><b>To Play:</b></p> <p>Choose one player to play the role of the traffic light. Have all players stand at a pre-designated starting line. The traffic light player will be at the finish line with his or her back to the rest of the players. The traffic light player will call out 1 of 3 directions: Green Light: Players run as fast as possible to the finish line. Yellow Light: Players run at a moderate pace to the finish line. Red Light: Players stop moving and freeze in place. The traffic light player will turn around when calling out "Red Light" and if the traffic light catches a player moving, he or she will send that player back to the starting line.</p>	<p><b>Get dancing!</b> As well as being a really fun form of exercise, dance is a way for kids to express their creativity, imagination and emotions. Dancing can also increase your child's flexibility, range of motion, physical strength, and stamina. It can also help keep their heart healthy.</p> <p>The movements involved in dance can improve balance and co-ordination and correct poor posture. The brilliant thing about dancing is it's free, you don't need any special kit, and you don't even have to leave the house. So, go on, put on some music and give it a try.</p> <p><b>Choose a tune</b> Pop the radio on and move your body to your favourite song!</p> <p><b>Dancing shoes</b> Find a snazzy pair of shoes to wear and tap your feet to the beat.</p> <p><b>Sing and swing</b> Bopping away? Why not have a sing-a-long to your favourite song while you're at it?</p>

<https://www.youtube.com/watch?v=lfra8pSPEhE>

- **Progression three**

Now lunge from one foot to another every time you pass a teddy! Don't go too fast! Can you slow down your lunges and hold the balance on one foot for at least two seconds

- Put it in a game!

Now let's combine our movements and apply them to a fun challenge!

The goalkeeper is only allowed to side-step along the imaginary line between the posts

The attacker must try to get through the posts by side stepping, pivoting and lunging without getting tagged. They are allowed to attack from behind or in front of the posts! The attacker gets a point every time they make it through.

How many points can you get in three, two or one minute? Make sure you swap roles!

Find a spider web and sketch the web pattern

Observe a wild animal such as rabbit or squirrel and write a few sentences about what you observed

Hang from a low-hanging tree branch

Spot an animal hole in the ground and guess who lives there

Pause for 30 seconds and write down the sounds you hear.

The first person to cross the finish line wins and becomes the new traffic light.

Challenge	See how fast you can do one lap.	Make harder for attacker Move the two posts closer together. The attacker is not allowed to pivot. Increase the number of goalies.	Take photos of your nature scavenger hunt and send them into school.	Can you think of a different way to travel?	Send pictures and videos of your best dance moves.
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