

Week 6 – Physical challenge

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday
<p><b>Activity</b></p>	<p><b>Animal Races</b> Can you get to the finishing line moving the way animals do? Try making the noises of the animals.</p> <p>You could pick your own animals or follow the ones that are selected.</p> <ol style="list-style-type: none"> <li>To get started you'll need to set up a race track that has objects (plushes, socks, or something soft) in the way and a start and finishing point.</li> <li>Pick the 3 animal moves you're going to do (Monkey, Snake and Frog.)</li> <li>Everyone takes it in turns to be the animals and complete the race. You will complete the race as your first animal, then the second animal and then your third animal.</li> <li>If you knock an object off on the way, you have to start again from the beginning.</li> </ol>	<p><b>This is Just Dance- Kids!</b> Copy and follow the children on the screen to a Kids song. Let's see who can bust some moves!</p> <p>There are a couple of different just dance videos that you can select from. Choose two or more to do. If you haven't got access to the videos, just put on a song and dance away!</p> <ol style="list-style-type: none"> <li>Despicable Me – copy the moves and dance to the beat. <a href="https://www.youtube.com/watch?v=Jf_dEcgeJWo">https://www.youtube.com/watch?v=Jf_dEcgeJWo</a></li> <li>I like to move it! – Follow the moves to the Madagascar song and MOVE IT! <a href="https://www.youtube.com/watch?v=ziLHZekbMUo">https://www.youtube.com/watch?v=ziLHZekbMUo</a></li> <li>A Pirate you shall be – Get your acting in top tip shape and become a pirate. <a href="https://www.youtube.com/watch?v=oe_HDfdmnaM">https://www.youtube.com/watch?v=oe_HDfdmnaM</a></li> </ol>	<p><b>Bellwether's Book Bundle:</b> Bellwether always has a lot to do when helping run the Mayor's office. Can you get your books in order like Bellwether?</p> <ol style="list-style-type: none"> <li>Mark a start and finish line.</li> <li>Balance a book on your head and carefully walk from the start line to finish line. Be careful – if you drop it, you must go back to the start.</li> <li>Time yourself and see if you can beat your time as you get better at it.</li> </ol> <p><a href="https://www.rba.uk/10-minute-shake-up/shake-ups/bellwethers-book-bundle">https://www.rba.uk/10-minute-shake-up/shake-ups/bellwethers-book-bundle</a></p>	<p><b>Yoga Yak!</b> Welcome to the Mystic Spring Oasis, where you can discover your inner yogi with Yak!</p> <p>Warm up – Raise your hands to the sky for 10 seconds, then to your toes for 10 seconds. Repeat 3 times.</p> <ol style="list-style-type: none"> <li>Butterfly pose – Sit on the floor with your soles of your feet touching each other. Hold your feet with your hands then hold for 10 seconds. Repeat X3.</li> <li>Tortoise Pose – Sit in a kneeling position, then lean forwards stretching your arms out on the floor. Hold for 10 seconds. Repeat X3.</li> <li>Bear pose – Using your hands and feet on the floor to create an upside down V shape. Hold for 10 seconds. Repeat X3.</li> <li>Giraffe Pose – Lay on your back, then raise your legs in the air while holding onto the back of your legs. Hold for 10 seconds. Repeat X3.</li> </ol>	<p><b>Fitness Monopoly</b> <a href="https://view.genial.ly/5eb9a3868a65d20d753ed210">https://view.genial.ly/5eb9a3868a65d20d753ed210</a></p> <p>Get into teams in class or find a parent/ carer/ sibling to play the game with at home.</p> <ol style="list-style-type: none"> <li>Roll the dice.</li> <li>Move your game piece that many spaces.</li> <li>Do that activity for 30 seconds (using the timer displayed on the game board).</li> <li>To see an example of the exercise, click on the '+' above it.</li> <li>Wait until your next turn.</li> </ol> <p>First player/ team to get to the goal is the WINNER!</p>

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	<p>5. Keep going until the timer is up.</p> <p>10 minute timer - <a href="https://www.youtube.com/watch?v=nW-s2Ailgs">https://www.youtube.com/watch?v=nW-s2Ailgs</a></p>	<p>4. Walking on Sunshine – Get into the summer mood and dance till you drop. <a href="https://www.youtube.com/watch?v=4lSkJVsm7Os">https://www.youtube.com/watch?v=4lSkJVsm7Os</a></p> <p>5. Kung Fu Fighting – Kung Fu Panda is waiting for you to kick out some Kung Fu moves when your dancing. <a href="https://www.youtube.com/watch?v=domGaoQVg004">https://www.youtube.com/watch?v=domGaoQVg004</a></p> <p>6. I am a gummy bear – Turn yourself into the yummy sweet and dance like a Gummy Bear. <a href="https://www.youtube.com/watch?v=mYLhX6aJ32o">https://www.youtube.com/watch?v=mYLhX6aJ32o</a></p>		<p>5. Seahorse Pose – Sit on your knees, with your legs flat on the floor. Then raise your arms in the air pointing to the sky. Hold for 10 seconds. Repeat X3.</p> <p>Zootropolis 10 minute timer - <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups/yoga-yak">https://www.nhs.uk/10-minute-shake-up/shake-ups/yoga-yak</a></p>	
<p>Challenge</p>	<p>Think of another animal, which may be tricky to copy and complete the race. Add more obstacles.</p>	<p>Try a different Just dance or make up your own dance.</p>	<p>Try and balance more than one book on your head if 1 is too easy.</p> <p>Incorporate more exercises into your walk from the start to finish line – squatting, side stepping, lunges.</p>	<p>Create your own animal yoga pose.</p>	

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