

Movement Monday



How many ways can you travel across a room or an area of grass?

Walking Wednesday



If you have a way of recording your steps, go for a 30 minute walk and see how many steps you do OR hold walking races with people in your house. You could even add obstacles if you wish!



Throwing Thursday

Make a scrunched up ball of A4 paper or a pair of socks rolled into a ball and get a measuring tape or ruler. You could even make a replica javelin by putting a ball of socks in one end of a kitchen roll tube to weigh it down. You could even decorate it too!



How far can you throw?

Tennis Tuesday

Make a scrunched up ball of A4 paper or a pair of socks rolled into a ball and get a timer.

How many times can you bat the paper/socks in the air with your hand without it going on the floor in 1 minute?



STAY SAFE AND HAVE FUN!

- Be a super social distancer
- Get an adult to check what you are doing
- Be a heroic handwasher

Fun Fitness Friday

How many star jumps can you complete in 1 minute?

How many squats can you complete in 1 minute?

How many times can you jump over a pair of socks in 1 minute?

Why not complete these activities in fancy dress for fun?



<https://www.facebook.com/fairlandsprimaryschool>



Get Active Week

22nd June - 26th June 2020

Check out the help videos on Facebook and YouTube



<https://www.youtube.com/channel/UCvY7f1nFE0pG8KqlmhK07w>