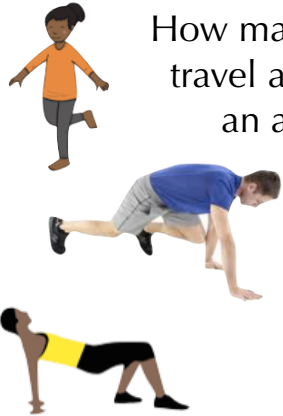


Movement Monday

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



MY SCORE



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!

MY SCORE



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!

MY SCORE



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?



MY SCORE



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?

MY SCORE



<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/UCvY7f1nF-E0pG8KqlmhK07w>