**Fitness February!**

**Have fun this half term with these exciting activities-just for fun!**

Your task: How many of the squares can you complete over half term?

As with all of our challenges- the main aim is to have fun and get physical. Please make sure you are dressed appropriately with lose fitting clothing and trainers on your feet and also the area you are working within is clear of any danger

If you would like to submit your results to us and be in with a chance of your school receiving some sports equipment, then please click on the google link:

**KS2 activities**

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| --- | --- | --- | --- | --- |
| **Exercise**Make up your own exercise routine!*Challenge - can you create one to music?* | **Skipping.**Learn some tricks or time yourself.*Challenge - How many can you do in a minute?* | **Throwing & Catching**Use a ball, frisbee or scrunched up paper.*Challenge - Can you catch a rebound off a wall?* | **Striking a Balloon**Strike a balloon with different items in your house or different body parts.*Challenge -How many can you do without moving your feet?* | **Basketball**Work on shooting in a target (it does not have to be a hoop).*Challenge - Can you dribble to a target and then shoot?* |
| **Spectate**Watch some videos of sports.*Challenge – can you watch a new sport that you have never seen before?* | **Dancing**Learn or create a routine.*Challenge – Can you record the steps to your routine on paper?* | **Fitness**Work on tasks such as press ups, sit ups and push ups.*Challenge – can you keep a diary of your progress?* | **Rackets**Learn how to use a racket.*Challenge - can you keep a rally going?* | **Football**Learn how to control a ball.*Challenge – how many keepie uppies can you do?* |
| **Diet**Create a food log.*Challenge – can you create a healthy drink?* | **Gymnastics**Try different ways to move.*Challenge – Can you try different shapes and movements such as a forward roll?* | **Athletics**Work on jumping skills.*Challenge – what is the greatest standing jump distance you can make?* | **Agility**Create a ladder using scarfs or a real ladder and run through.*Challenge – can you travel through a ladder with a ball?* | **Rugby**Use a scarf as a tag and try to avoid someone catching it.*Challenge – can you design a new shape of ball?* |
| **Running**Pick a course and complete laps.*Challenge - can you time your run?* | **Throwing**Aim for a target.*Challenge* - *can you set up multiple targets and keep a score?* | **Bowling**Set up a target and try to hit them down.*Challenge – can you compete with a friend?* | **Balance**Set up an obstacle course.*Challenge – can you do it without falling off?* | **Outside of the Box**Be creative and think of your own ideas!*Challenge – can you share them with someone else?* |

**KS1 activities**

Your task: How many of the squares can you complete over half term?

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