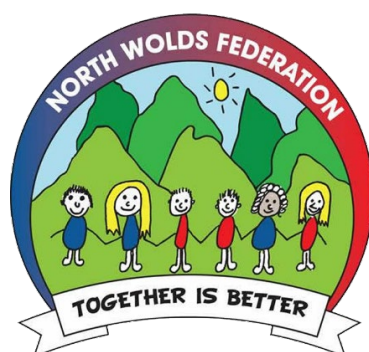


North Wolds Federation

Fitness and Skills Workouts



Wednesday	Fitness Work out	Teaching points
KS1	<p>Paper Bag Skits This creative game is ideal for KS1 and can be played with any number of children.</p> <p>How to Play Form groups or have children perform on their own. Give each group a paper bag filled with different props</p> <p>Tell them to create a small play/dance/performance using the props they have received</p>	<p>What You Will Need</p> <p>Paper bags filled with small props like spoons, jewellery, ball, sock, etc.</p> <p>Try and make it as active as possible.</p> <p>After 15 minutes, allow each group enough time to showcase what they have planned</p> <p>Extension: This game can be made more creative with elaborate props.</p>

We encourage you to tweet any achievements to @Northwoldsfed or email them to Daniel.toothill@marketrasen.lincs.sch.uk