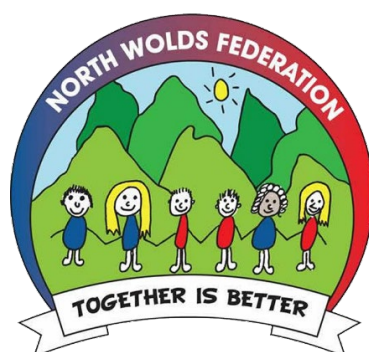


North Wolds Federation

Fitness and Skills Workouts



Thursday	Fitness Work out	Teaching points
Reception	<p>Alligator Alley:</p> <p>Scatter some “islands” or “boats” across the floor (use pillows, stuffed animals, books, etc) and then have your kids jump from one to the next without falling into the “water” and risk being eaten by a hungry alligator.</p> <p>Bonus points if mum/dad or the carer at home plays said hungry alligator and chomps after them when they stumble!</p>	<p>Mix the different ways in which you can move across the islands.</p> <p>Move the islands to keep the child guessing.</p> <p>Extension: Allow the child one free movable island to bridge the gap between islands that have a wider gap between that they can't jump</p>

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