

Tuesday 23rd June

Hello everyone,

I hope everyone is managing to stick to a routine for our Woodside students that includes some regular exercise. Walks, bike rides, football in the garden or the park. Here are some more ideas for you.....



This week's challenges are:

Challenge 1: Scout's pace: This means run for 50 paces, then walk or slow jog for 50, keep alternating. You can change this to 20, 30 or whatever suits

Challenge 2: Bird spotting: How many birds can you count? In the air, on a fence.....when you get in, look them up.

Challenge 3: Make your own finish line and photograph yourself bursting over the line, imagining you are in front of thousands of people!

Traffic Lights Classic!

Traffic lights



What you need: an adult to call the instructions.

How to play:

- Children imagine they are getting in their car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
 - Green light: jog around
 - Red light: stop
 - Yellow light: sit down
 - Roundabout: spin in a circle
 - Speed bumps: jump up and down
 - Zebra crossing: lie in a straight shape
 - Reverse: walk backwards



Have a go at making up your own. You could even include different gears for different speeds.

Maths and exercise together!

Multiplication circle



What you need: someone to call the numbers and 10 items.

How to play:

- Place the items in a large circle.
- The player begins in the middle of the circle.
- Someone calls a number between 1 - 10. The player must collect the number of items called from the outside of the circle and place them in the middle of the circle.
- Players can only move one item at a time.
- After a few rounds make this harder by adding a multiplication question to the game e.g. 7 would mean the player must place 7 items in the centre of the circle leaving three on the outside. The player must then call the answer to 7 x 3. They return all the items to the outside to begin again.



How quickly can you move the items?