

Rainbow Fitness & Literacy idea for PE at home fun for all  from Mrs Gray

Fitness ideas - Make a list of ways to travel and energetic exercises for developing your stamina, with some strength balances or exercises too.

Give each colour of your rainbow one of your fitness ideas, mix them up.

Go from the top of our rainbow then back down again if you can.

Count by spelling each colour slowly as you do each exercise.

My example using the rainbow colour order at the top, to get you started.

Red - run on the spot for the time it takes to say r-e-d = 3x

Orange - touch your toes then reach up high & jump, saying o-r-a-n-g-e

Yellow - balance on your bottom with feet & hands off the ground, hold still while saying y-e-l-l-o-w

Green - skip around the space for the time it takes to say g-r-e-e-n

Light blue - star jumps saying

Dark Blue - balance on your hands & feet saying



Challenges

Can you repeat it all from dark blue up to your top colour again?

Can you time it to know how long it takes, then beat it next time?

Another idea especially for Nursery & P1&2

Can you use the colours of your rainbow as a treasure hunt?

Travel different ways to touch your age worth of objects, if you're 5 then touch 5 objects, of that colour around your house and garden. Always come back to the same starting place, your rainbow, to change colour.

I'd really enjoy knowing what you do with this. I love getting new ideas. Email me

and let me know on gw08grayjan@ea.dumgal.sch.uk

