



RAINBOW RACES

We are very sad to not have our annual sports day this year, however this year we are doing Fit Fortnight beginning the 18th of May ending 29th of May. This is to get our body and our minds working and moving.

We are using the word RAINBOW to create challenges. For every challenge you do you will get one point for the nursery total. Can the nursery get over 100 points?! How many points can you get individually? Every child participating will get a certificate.

Here are some ideas for each letter however if you can think of more they will also count towards the nursery points The only rule is it needs to start with a letter from the word RAINBOW.

Can you post you images on the Facebook group for everyone to see and so we as a nursery can get more than 100 points.

R- Running , Races with family, Roll a ball into a target, Rainbow drawing, Robot walking

A- Art, paper Airplanes, Acrobatics, Animal Walks, Ant hunting

I- Ice melting, Invent your own race, Indoor den building, Imagination games, Insect hunt

N- Nine jumps, Nine Minutes on your bike or scooter, Nine hops on each leg, Nature art, Nest building

B- Balances, Baking, Ball Skills, Bubbles, Ballet

O- Obstacle course, Outdoor games, Outdoor cinema, Scavenger hunt with the letter O, Octopus making from loo roll.

W- Wheelbarrow racing, Water play, Walking lunges, Worm catching, Washing Windows,



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As part of Fit Fortnight you can also win points for being healthy and creative, can you try these ideas? What other ideas can you think of? Remember to post your photos on the Facebook group.

It is recommended that you eat 5 portions of fruit and vegetables a day. Can you meet your daily target?



Eat The Rainbow!
Try to make your plate as colourful as you can and eat the rainbow!

#EatSmart



Eat a Rainbow!

Make half your plate fruits and veggies

Move and dance with Just Dance songs on YouTube. Can you copy the moves? Can you create your own dance moves? Some of our favourites in the nursery are

- I like to move it move
- Ghost busters
- A Pirate you shall be
- Waka Waka
- Gummy Bear



Joe wicks kids fitness sessions on YouTube they are only short about 10 minuets and the children have loved them when we have done it in the nursery.



Mindful minuet

Can you follow a Cosmic Kids yoga session on YouTube. There are many different themes to choose from.