[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fcommons.wikimedia.org%2Fwiki%2FFile%3ARainbow-diagram-ROYGBIV.svg&psig=AOvVaw1S4VMWq3HAZpAPcHVTc_Ss&ust=1588095701035000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCICYpeSTiekCFQAAAAAdAAAAABAD)**Fitness Fortnight Activity Tracker** [](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fcommons.wikimedia.org%2Fwiki%2FFile%3ARainbow-diagram-ROYGBIV.svg&psig=AOvVaw1S4VMWq3HAZpAPcHVTc_Ss&ust=1588095701035000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCICYpeSTiekCFQAAAAAdAAAAABAD)

Welcome to our Fitness Fortnight Activity Tracker

From 9th – 19th June we would like you to try and complete as many Healthy activities as you can and keep a log of these below.

Have fun and we look forward to seeing what you have been getting up to.

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_ House: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **HOLIDAY** | **9th June** | **10th June** | **11th June** | **12th June** |
| **Put what you completed in here** |  |  |  |  |  |
|  | **15th June** | **16th June** | **17th June** | **18th June** | **19th June** |
|  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Fitness Fortnight Activity Grid**  **Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.** | | | |
| **SMOOTHIE MAKER**  Can you make up your own smoothie and share with your family as a healthy start to the day?  What ingredients will you put in? | **STAMINA**  Can you cycle, walk, jog, run or scoot for;  P1 – 3: 15 minutes without stopping?  P4 – 5: 20 minutes  P6 – 7: 25+ minutes  How far did you go?  Who completed it with you? | **ASSAULT COURSE**  Can you design your own assault course?  What different things will you include?  How long did it take you to complete?  Who else can you get to complete it? | **VIDEO MAKER**  Can you create your own;  Just Dance  Joe Wicks  Cosmic Kids  What actions will you put in? Would you like to share it with us? |
| **DANCE**  Can you play a game of musical statues with others in your house?  Who stayed still the best? | **MINDFULNESS**  Complete a Cosmic Kids yoga session, here’s some to choose from;  FROZEN:  <https://youtu.be/xlg052EKMtk>  TROLLS:  <https://youtu.be/U9Q6FKF12Qs>  TWILIGHT THE UNICORN OF DREAMS:  <https://youtu.be/RLOOOjGAM1s> | **BE THE TEACHER**  What is your skill?  Can you teach someone in your family/house your skill?  For example; Sporting skill, karate, dance move, Yoga pose | **NATURE WALK**  Can you take a walk with your family and play eye spy?  How many different things did you spy along the way?  How many animals?  Plants?  Water ways? |
| **SPELLING FITNESS CHALLENGE**  Spell your full name and complete the challenges;  **A – 10 Jumping Jacks N – 4 Lunges**  **B – 30 Second plank O – 3 Burpees**  **C – Crab walk 5 metres P – 10 second Rocket jumps**  **D – 10 press ups Q – Run on the spot 1 min**  **E – 10 sit ups R – 7 Jumping Jacks**  **F – 5 Cartwheels/egg rolls S – 4 leg kicks**  **G – Headstand/Balance T – 5 sit ups**  **H – 4 rolls of your choice (be careful) U – 15 second plank**  **I – 10 Toe touches V – 3 cartwheels/egg rolls**  **J – 5 tuck jumps W – Arabesque/Starship balance**  **K – 5 press ups X – 2 rolls of your choice (be careful)**  **L – 3 spins Y – 5 lunges**  **M – 10 leg kicks Z – 8 Jumping Jacks** | | **SPORTS DAY BANNER:**  Can you design your own Sports Day Banner.  Make sure you include;   * Your House team * Your name * Colours * St Columba’s Primary School * Date   Be creative – how will you show off your banner | **DAILY CHALLENGES**  Go to our Daily PE Challenges on Twitter  @WLPENetwork  How many challenges can you do?  What did you score?  Can you challenge someone in your house to complete them too? |
| **SPORTS LEADERS**  What activities can you think of? Can you make up an activity or a game to share with other boys and girls? | | | |

**Please make sure you share with us what you are doing either by uploading on Teams or tweeting @Tennant\_PE**

**If at any point during the week you find yourself having completed your assignments, please use the following links to keep you active and learning:**

**Joe Wicks Daily PE Workout**

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl>

**Cosmic Kids Yoga**

<https://www.youtube.com/user/CosmicKidsYoga>

**Just Dance**

<https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg>

**GBX Exercise Class (For Older pupils P5/6+)**

<https://www.facebook.com/140123476092919/posts/2539736046131638/>

**Oti Mabuse & Marius Lepure Online Dance Class**

<https://www.youtube.com/user/mosetsanagape/videos>

**Zumba Kids on Go Noodle**

<https://app.gonoodle.com/channels/zumba-kids>

**Dance with Maximo on Go Noodle**

<https://app.gonoodle.com/channels/maximo>

**Mindfulness on Go Noodle**

<https://app.gonoodle.com/channels/flow>

**Super Movers**

<https://www.bbc.co.uk/teach/supermovers>

**Jumpstart Jonny**

<https://www.jumpstartjonny.co.uk/home>