



# Health Week Exercise Log



Welcome to our Health Fortnight log.

Over the next two weeks of **15 – 26 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:** \_\_\_\_\_

	<b>Monday 15<sup>th</sup></b>	<b>Tuesday 16<sup>th</sup></b>	<b>Wednesday 17<sup>th</sup></b>	<b>Thursday 18<sup>th</sup></b>	<b>Friday 19<sup>th</sup></b>
<b>Put what you completed in here</b>		<b>Sports Day</b> What activities will you do?			
	<b>Monday 22<sup>nd</sup></b>	<b>Tuesday 23<sup>rd</sup></b>	<b>Wednesday 24<sup>th</sup></b>	<b>Thursday 25<sup>th</sup></b>	<b>Friday 26<sup>th</sup></b>

# Health Week Activity Grid

Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.

<p style="text-align: center;"><b>SMOOTHIE MAKER</b></p> <p>Can you make up your own smoothie and share with your family as a healthy start to the day?</p> <p style="text-align: center;">What ingredients will you put in?</p>	<p style="text-align: center;"><b>STAMINA</b></p> <p>Can you cycle, walk, jog, run or scoot for; P1 – 3: 15 minutes without stopping? P4 – 5: 20 minutes P6 – 7: 25+ minutes</p> <p style="text-align: center;">How far did you go? Who completed it with you?</p>	<p style="text-align: center;"><b>ASSAULT COURSE</b></p> <p>Can you design your own assault course?</p> <p>What different things will you include? How long did it take you to complete?</p> <p style="text-align: center;">Who else can you get to complete it?</p>	<p style="text-align: center;"><b>VIDEO MAKER</b></p> <p style="text-align: center;">Can you create your own;</p> <p style="text-align: center;">Just Dance Joe Wicks Cosmic Yoga</p> <p style="text-align: center;">What actions will you put in?</p>
<p style="text-align: center;"><b>DANCE</b></p> <p>Can you play a game of musical statues with others in your house?</p> <p style="text-align: center;">Who stayed still the best?</p>	<p style="text-align: center;"><b>SPEED SOCKS</b></p> <p>Fastest time to put on 10 socks, the world record is 9.23 secs</p> <p>You will need 10 socks or 5 pairs, no tights or stockings allowed. The socks must be above the ankle – funky patterns optional 5 socks on each foot, pulled up over the ankle in the quickest time!</p>	<p style="text-align: center;"><b>BE THE TEACHER</b></p> <p style="text-align: center;">What is your skill? Can you teach someone in your family/house your skill?</p> <p style="text-align: center;">For example; Sporting skill, karate, dance move, Yoga pose</p>	<p style="text-align: center;"><b>NATURE WALK</b></p> <p>Can you take a walk with your family and play eye spy?</p> <p>How many different things did you spy along the way? How many animals? Plants? Water ways?</p>
<p style="text-align: center;"><b>SPELLING FITNESS CHALLENGE</b></p> <p style="text-align: center;">Spell your name and complete the challenges;</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>A – 10 Jumping Jacks</b></p> <p><b>B – 30 Second plank</b></p> <p><b>C – Crab walk 5 metres</b></p> <p><b>D – 10 press ups</b></p> <p><b>E – 10 sit ups</b></p> <p><b>F – 5 Cartwheels/egg rolls</b></p> <p><b>G – Headstand/Balance</b></p> <p><b>H – 4 rolls of your choice (be careful)</b></p> <p><b>I – 10 Toe touches</b></p> <p><b>J – 5 tuck jumps</b></p> <p><b>K – 5 press ups</b></p> <p><b>L – 3 spins</b></p> <p><b>M – 10 leg kicks</b></p> </div> <div style="width: 45%;"> <p><b>N – 4 Lunges</b></p> <p><b>O – 3 Burpees</b></p> <p><b>P – 10 second Rocket jumps</b></p> <p><b>Q – Run on the spot 1 min</b></p> <p><b>R – 7 Jumping Jacks</b></p> <p><b>S – 4 leg kicks</b></p> <p><b>T – 5 sit ups</b></p> <p><b>U – 15 second plank</b></p> <p><b>V – 3 cartwheels/egg rolls</b></p> <p><b>W – Arabesque/Starship balance</b></p> <p><b>X – 2 rolls of your choice (be careful)</b></p> <p><b>Y – 5 lunges</b></p> <p><b>Z – 8 Jumping Jacks</b></p> </div> </div>		<p style="text-align: center;"><b>SPORTS DAY BANNER:</b></p> <p>Can you design your own Sports Day Banner.</p> <p style="text-align: center;">Make sure you include;</p> <ul style="list-style-type: none"> <li>- Your House team</li> <li>- Your name</li> <li>- Colours</li> <li>- Williamston</li> <li>- Date</li> </ul> <p>Be creative – how will you show off your banner on the 14 May?</p>	<p style="text-align: center;"><b>DAILY CHALLENGES</b></p> <p style="text-align: center;">We will have daily challenges set by our teachers for you to complete – which ones will you do?</p> <p style="text-align: center;">Also go to the Daily PE Challenges on Twitter @WLPENetwork</p> <p style="text-align: center;">How many challenges can you do? What did you score?</p> <p style="text-align: center;">Can you challenge someone in your house to complete them too?</p>
<p><b>CREATIVE LEADERS</b></p> <p style="text-align: center;">What activities can you think of? Can you make up an activity or a game to share with other boys and girls?</p>			

Please make sure you share with us what you are doing either by uploading on Teams or sending into the school email FAO: Mrs Howard

### **Other Useful Websites:**

#### **Joe Wicks Daily PE Workout**

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI>

#### **Cosmic Kids Yoga**

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

#### **Just Dance**

[https://www.youtube.com/channel/UChIjW4BWKLqpojTrS\\_tX0mg](https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg)

#### **Kidz Bop**

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

#### **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/super movers>

#### **Jumpstart Jonny**

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

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

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