**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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** **15th**  | **Tuesday** **16th**  | **Wednesday** **17th**  | **Thursday** **18th**  | **Friday** **19th**  |
| **Put what you completed in here** |  | **Sports Day**What activities will you do? |  |  |  |
| **Monday** **22nd**  | **Tuesday** **23rd**  | **Wednesday** **24th**  | **Thursday** **25th**  | **Friday** **26th**  |
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| **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.** |
| **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 minutesP6 – 7: 25+ minutesHow 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 DanceJoe WicksCosmic YogaWhat actions will you put in?  |
| **DANCE**Can you play a game of musical statues with others in your house?Who stayed still the best? | **SPEED SOCKS**Fastest time to put on 10 socks, the world record is 9.23 secsYou will need 10 socks or 5 pairs, no tights or stockings allowed. The socks must be above the ankle – funky patterns optional5 socks on each foot, pulled up over the ankle in the quickest time! | **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 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
* Windyknowe
* Date

Be creative – how will you show off your banner on the 16 June? | **DAILY CHALLENGES**We will have daily challenges set by our teachers for you to complete – which ones will you do?Also go to the Daily PE Challenges on Twitter@WLPENetworkHow many challenges can you do?What did you score?Can you challenge someone in your house to complete them too? |
| **CREATIVE 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 sending into the school email FAO: Mrs Howard**

**Other Useful Websites:**

**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>

**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/supermovers>

**Jumpstart Jonny**

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

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

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