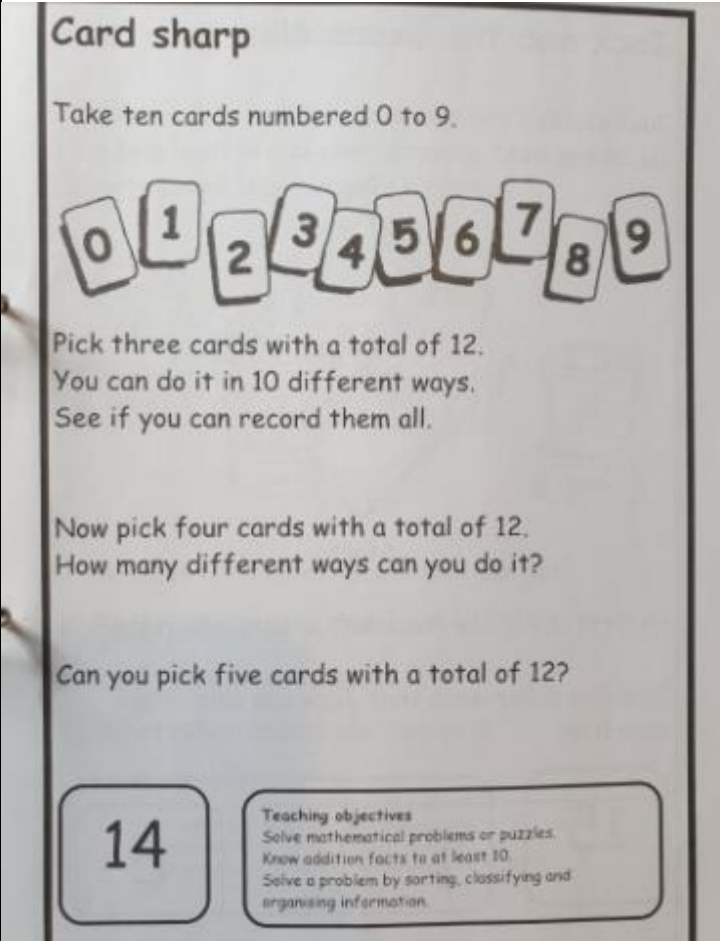


Primary 1

Literacy	Maths	Health & Wellbeing
<p>Aim: To reason logically</p> <p>The winners of Ready, Steady, Cook will be announced today on the BLOG!</p> <p>Tell a family member about the entry that you voted for and why. Was it because it looked tasty? Or did you like the foods used? Is it something you would eat?</p> <p><u>Extra challenge:</u> Have a go at making your own Ready, Steady, Cook challenge!</p>	<p><u>Aim:</u> To use the create a list or table strategy</p> 	<p>Aim: To develop stamina</p> <p>In this activity you need to do the actions for different sports for 1 minute at a time. Try to keep going at the same pace throughout the time. Having stamina means that you are able to keep going without giving up!</p> <p>Scroll down for the instructions.</p>

How to play



1

As you are watching TV, take part in an indoor triathlon – swim, bike, run.

2. Swim

Stand up or sit on the sofa. Pretend to swim using breaststroke. Keep going for 60 seconds.

3. Bike

Lie on your back on the floor. Raise your legs and pretend to cycle. Keep going for 60 seconds.

4. Run

Stand up and march or run on the spot. Keep going for 60 seconds.

5

Repeat the whole sequence. See if you can keep going for 10 minutes.

Variations

- Change the order of swim, bike and run.
- Change how you do each movement, e.g. crawl instead of breaststroke, high knees for run.
- Make up your own movements for these or other sports.

Challenge yourself

- Can you move faster?
- Can you make the movements bigger?
- Can you last longer than 60 seconds for each part of the triathlon?



1

of 2



