

# Active Home Workout

#StayInWorkOut

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GET ACTIVE and RETWEET YOUR EFFORTS

## Target Tuesday - Reception / Key Stage 1 and 2

### animal mania

Which animal will you most like to be?



#### how to play

Get into pairs and face each other, arm distance apart. Jog on the spot and when the leader calls out an action, step to it. Then jog on the spot and wait for the next one.

The actions are:

- Sleeping ant** - lie on your back and wriggle your arms and legs in the air.
- Good dog** - kneel on your hands and knees and be completely still.
- Cunning fox** - one of you stands feet apart whilst the other crawls through your legs.
- Batty bat** - stand back to back and hold hands with your partner through each other's legs.

**Safety:** Allow plenty of space.

#### equipment

Just a loud voice.



Now try some underarm throwing activities - concentrate on your accuracy

Here are a few ideas you could try



If you find it easy -

move further away from your target

throw a different item (beanbags, soft toys, balls, different sizes, weights and shapes)

how many can you get on target in 30 seconds or 60 seconds

You are now ready to have a go at today's personal challenge

Active Learning Active Story Time

See additional card



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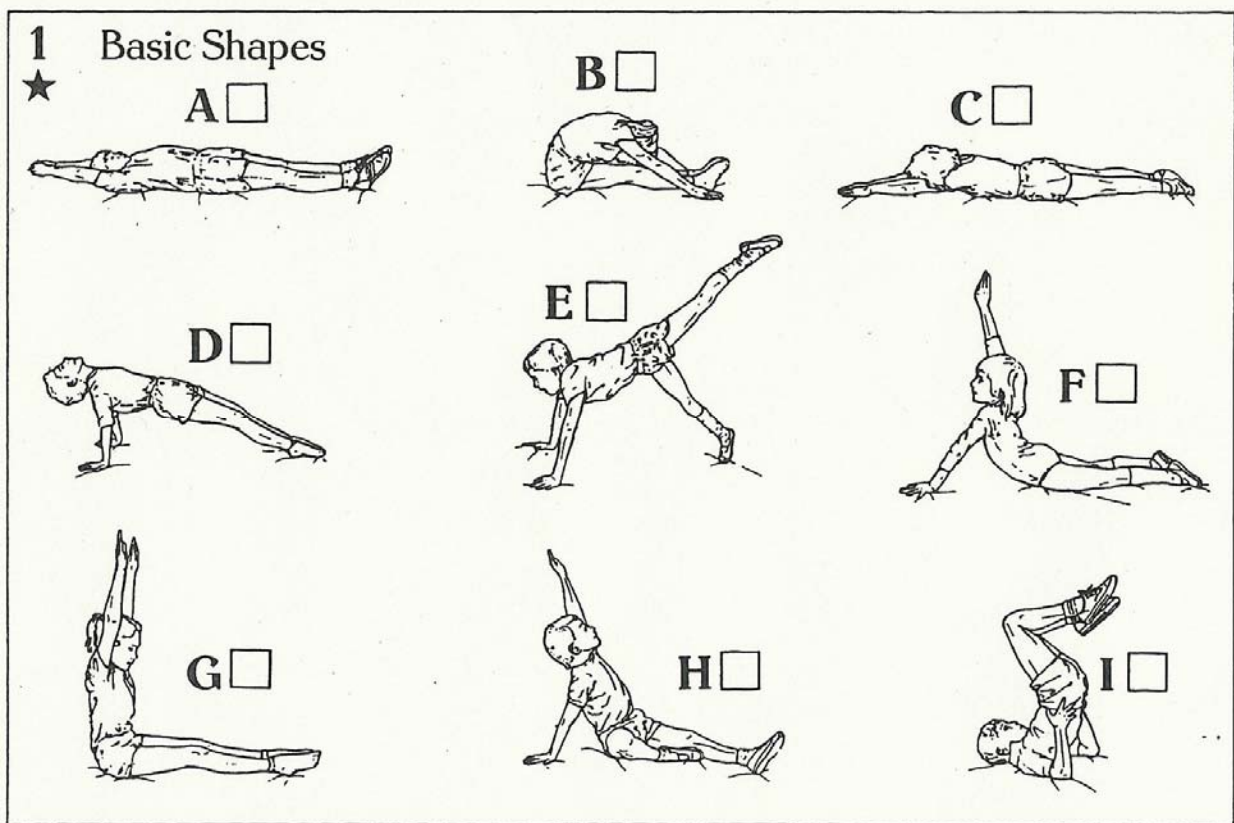
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## Wellbeing Activity

Finish your activity with some simple gymnastics shapes to help you relax - as you stretch try to breath in through your nose and slowly out through your mouth

Hold each shape for 5 seconds



Today's Spirit of the Games Values we are developing are:



Determination - can you achieve the targets you set yourself



Self-Belief - do you make your targets challenging or easy?



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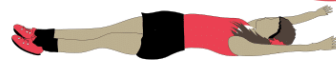
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## Active Learning Active Story Time

Reading  
Vocabulary  
Comprehension

### How to Play:

- Choose your favourite story book. You can read this by yourself, with a sibling or a parent/carer.
- Every time you read a verb, perform the action together e.g. the dragon flew through the sky. How creative can you be with your movements?
- Challenge yourself to find the adverbs too and consider how you move e.g. the dragon flew softly through the sky.
- Can you make up some imaginative sentences and actions of your own?



rolled



slithered



### Key Vocabulary

#### Verb

An action, doing or feeling word e.g. jumped

#### Adverb

A word that describes the verb e.g. quickly

#### Gold Star

Create your own sentences and perform the actions



#### Silver Star

Recognise verbs and adverbs



#### Bronze Star

Recognise verbs



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Believing in  
every child's  
future

