

Active Home Workout

#StayInWorkOut

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GET ACTIVE and RETWEET YOUR EFFORTS

Thoughtful Thursday - Reception / Key Stage 1 and 2

Try today's personal challenge is Bowling

Bowling

Home Physical Education



How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.

Can you play fairly and keep the score?

Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

Complete P.E. INSPIRE · LEARN · SUCCEED

 YOUTH SPORT TRUST

 25 YEARS

Believing in every child's future

Today's Spirit of the Games Value is



Have the belief that you will hit 5 targets



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Choose one of the following Scavenger Hunts to complete

Count how many items collected OR see how many you can find in 15 minutes

Outdoor Scavenger Hunt

Collect all of the following items in a bag, box or basket.
Tick the item when you find it.

5 Leaves that all look different	
A stick that is longer than your hand	
Something you love to play with	
Something that is blue	
Something that is heavy	
Something that is very light	
Something that needs water to live	
Something that is smaller than your thumb	
Something that starts with the letter "B"	
Something that smells nice	
A feather	
Something round	
Something that has a letter on it	
Something that has a number on it	
Something that is yellow	
Something made from wood	

Once you have everything and the challenge is complete
- put everything back where you found it.

Well done - time for a snack and a drink

Today's Spirit of the Games Value is:



Determination

Don't give up without trying to find everything on the list



Self-Belief

Believe that you can find everything



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Indoor Scavenger Hunt

Collect all of the following items in a bag, box or basket.
Tick the item when you find it.

A toy with wheels	
A book with the first letter of your name in the title	
A pair of matching socks	
4 things that are blue	
Something very soft	
A toy smaller than your hand	
Something round	
A book with numbers on it	
A photograph with a family member in it	
An item you can see yourself in	
An item that makes you feel safe and cosy	
A toy that has three different colours on it	
Your favourite stuffed animal / soft toy	
Something you use to write with	
Something that is yellow	
Something made from wood	

Once you have everything and the challenge is complete - put everything back where you found it.

Well done - time for a snack and a drink



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Wellbeing Activity

Finish your activity with some simple stretches to help you relax - as you stretch try to hear your heart beating

SHAPES YOGA

1. Pretend to be a triangle.

How to practice Downward-Facing Dog Pose: From Standing Forward Bend, step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and pretend to create a triangle shape. (You could also practice Triangle Pose to see a triangle created with your legs.) Say, "I'm a triangle!"



2. Pretend to be a rectangle.

How to practice Plank Pose: From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes, in a plank position. Keep your arms straight and your back long and flat. Imagine that you are creating a rectangle shape with your body. Say, "I'm a rectangle!"



3. Pretend to be a square.

How to practice Table Top Pose: Drop your knees gently on the floor and come to an all-fours position with your fingers spread out and palms flat on the ground. Ensure that your back and neck are in a straight but neutral position. Your shoulders should be over your wrists, and your hips should be over your knees while the tops of your feet are flat on the ground. Pretend to create a square shape with your body. Say, "I'm a square!"



4. Pretend to be a circle.

How to practice Child's Pose: Shift back to sitting on your heels. Slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a circle shape with your body. Say, "I'm a circle!"



5. Pretend to be a star.

How to practice Resting Pose: Lie on your back with your arms and legs stretched way out, like a star. Say, "I'm a star!" Breathe deeply and rest.

