****

**FOREST OF DEAN**

 **KEY STAGE 1**

 **CARD 1**

* Speak to an adult before you start to make sure you are safe
* Have a go at any of the activities below in any order
* Ask a parent to sign & date when you have completed them
* When you have completed as many as you can return the card to your teacher
* You are awarded 10 points per activity to add to your Class or House total

|  |  |  |
| --- | --- | --- |
| Go for a bike ride or scoot | Complete a 15 minute run / walk with a family member | Just Dance[Move it](https://www.youtube.com/watch?v=ziLHZeKbMUo)[Trolls](https://www.youtube.com/watch?v=KhfkYzUwYFk&safe=true) |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
| 20 minute Cosmic Yoga session[Click here](https://www.bing.com/videos/search?q=cosmic+yoga&adlt=strict&view=detail&mid=4A74D3290C13D5415F624A74D3290C13D5415F62&&FORM=VRDGAR) | [How to skip](https://www.bing.com/videos/search?q=you+tube+dan+the+skipping+man&adlt=strict&view=detail&mid=9110ABCE2A65E02979819110ABCE2A65E0297981&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dyou%2Btube%2Bdan%2Bthe%2Bskipping%2Bman%26qpvt%3Dyou%2Btube%2Bdan%2Bthe%2Bskipping%2Bman%26FORM%3DVDRE)Skipping Challenge – How many skips can you do in 30 seconds? How many times can you beat your score?  | Go outside & spot at least 5 things that are yellow! |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
| Complete a 30 minute walk with a family member. | Speed BounceHow many times can you jump over a rolled up towel in 15 seconds? Can you beat your own score? Attempt as many times as you can over the course of the day!  |  |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
|  | Treasure hunt – ask a family member to hide some items around the house (or garden) for you to find. Perhaps you could then hide the items for someone else to find?  | Target Game[Click here](https://www.youtube.com/watch?v=tHRvquNKf1Q&safe=true) |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |

**NAME: CLASS: TOTAL POINTS :**



**FOREST OF DEAN**

**KEY STAGE 1**

**CARD 2**

* Speak to an adult before you start to make sure you are safe
* Have a go at any of the activities below in any order
* Ask a parent to sign & date when you have completed them
* When you have completed as many as you can return the card to your teacher
* You are awarded 10 points per activity to add to your Class or House total

|  |  |  |
| --- | --- | --- |
| Zootropolis 10 minute shaker activity[Judy’s Hopathon](https://www.nhs.uk/10-minute-shake-up/shake-ups/judys-hopathon)[Bellwhether’s book relay](https://www.nhs.uk/10-minute-shake-up/shake-ups/bellwethers-book-bundle)  | Cosmic Yoga[Seahorse Yoga](https://www.youtube.com/watch?v=iFuobePKER8&safe=true)[Minecraft Yoga](https://www.youtube.com/watch?v=02E1468SdHg&safe=true) | Complete a 20 minute run / walk with a family member  |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
|  | Go for a bike ride or scoot | Scavenger HuntIn 1 minute how many (add colour) things can you find in the house? Repeat with different colours  |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
| Boogie Beebies[Pirate Gang](https://www.bbc.co.uk/programmes/p01z05js)[Do the Dino](https://www.bbc.co.uk/programmes/p01z037h)[Go Go Mango](https://www.bbc.co.uk/programmes/p01z02wp) | [Kitchen Curling](https://www.youthsporttrust.org/sites/default/files/PE%20Home%20Learning%20Kitchen%20Curling.pdf)  | Complete a 30 minute walk with a family member. |
| Signed / Date completed | Signed / Date completedGo outside and find as many blue things as you can! | Signed / Date completed |
| Complete a body coach workout[Click here](https://www.youtube.com/watch?v=l0k6XqfFEUo) |  | [Rock & roll Gymnastics](https://www.youtube.com/watch?v=DcGFteFryoA&feature=emb_title)[Basic shapes](https://www.youtube.com/watch?v=RDWlCVb7Aac&safe=true) |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |

**NAME: CLASS: TOTAL POINTS :**





**FOREST OF DEAN**

**KEY STAGE 1**

**CARD 3**

**NAME: CLASS: TOTAL POINTS :**

* Speak to an adult before you start to make sure you are safe
* Have a go at any of the activities below in any order
* Ask a parent to sign & date when you have completed them
* When you have completed as many as you can return the card to your teacher
* You are awarded 10 points per activity to add to your class or House total

|  |  |  |
| --- | --- | --- |
| Body AlphabetCan you make the shape of every letter of the alphabet with your body?Can you spell your name out? | Complete a body coach workout[Click here](https://www.youtube.com/watch?v=3Z05939ZMbE) | Cosmic Yoga[Pedro the Penguin](https://www.youtube.com/watch?v=Rzw-Oir8UPw&safe=true)[Hungry caterpillar](https://www.youtube.com/watch?v=xhWDiQRrC1Y&safe=true)  |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
| Skipping Challenge How many skips can you do in 30 seconds? How many times can you beat your score? [How to skip](https://www.bing.com/videos/search?q=you+tube+dan+the+skipping+man&adlt=strict&view=detail&mid=9110ABCE2A65E02979819110ABCE2A65E0297981&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dyou%2Btube%2Bdan%2Bthe%2Bskipping%2Bman%26qpvt%3Dyou%2Btube%2Bdan%2Bthe%2Bskipping%2Bman%26FORM%3DVDRE) | Make a list of 10 things you might find outside in your local area. Go for a walk and spot as many as you can!  | Go for a bike ride or scoot |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |
| Balloon Blasting [#ThisisPE](https://www.youtube.com/watch?v=08AIvWfmJlo&feature=emb_title) | Complete a 30 minute walk with a family member. | Agility Skills [#ThisisPE](https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/) |
| Signed / Date completed | Signed / Date completedPut on your wellies & jump in some puddles! | Signed / Date completed |
|  |  | Complete a 20 minute run / walk with a family member  |
| Signed / Date completed | Signed / Date completed | Signed / Date completed |