****

**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 Bounce  How 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 Hunt  In 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 completed  Go 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 Alphabet  Can 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 completed  Put 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 |