

moves!

Santa says...:





12 Days of Fitmas







Day 1 Day 2 Day 3	Day 4
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Christmas song Danceathon:

Play all your favourite Christmas songs and dance away, showing off all your best

'Snowball' fight:

(Ask permission from an adult first) Using rolled up socks, can you have a snowball fight with someone else at home?



Christmas star jumps:

How many star jumps can you do in 30 seconds? Can you turn 90 degrees after every jump?



Winter wellie walk:

Put your wellies on and go for a walk to the park or to a green space. Can you crunch in leaves and jump in muddy puddles?



Day 5 Day 6 Day 7 Day 8

'Snowball' target practice:

Roll up some towels to create hoops. Using rolled up socks, throw the 'snowballs' into hoops. How many can you get on target? To make it more challenging, stand further away.

Snowshoe exploring:

Get two pieces of paper (your snowshoes). Put one piece on the floor and step onto it. Then, put your other piece on the floor and step onto that. Repeat so that you travel across the room. Don't fall in the snow!

Day 10

Santa's bag toss:

Fill a bag full of clothes and Tie it so that it looks like Santa's sack. Go into your garden or to a park and toss the bag as far as you can! Measure the distance and then repeat – can you throw the bag even further?

Day 11

Elf adventure:

Create an obstacle course inside your house or in your garden. Try to include something you can go over, under, along and through. Then be a mischievous elf and complete the course!

Day 9

Reindeer runs:

Be Santa (rub your tummy and say Ho, ho, ho) Be a reindeer (gallop around) Be a Christmas tree (stand in a tall shape) Be a turkey (move like a turkey gobbling) Go on a sleigh ride (run around a space)

Set out 2 markers 5 metres apart from one another. Run between the 2 markers as many times as you can in 5 minutes. Can you repeat but travel in a different way (jump, hop, gallop, side step)?

Do you want to build a snowman?:

Using household items, can you create a giant 2D or 3D snowman?



Day 12

Christmas scavenger hunt: Go on a walk and see if you can find the following items: holly, mistletoe, a stick that looks like an antler, hoof prints, a robin, a pine cone, a house with fairy lights on, a Christmas tree.















The government recommends that young people (5-18 years) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day, across the week.

















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