

# Health & Fitness Week

## Foundation Stage

This week is Health and Fitness Week so we are getting ready for our virtual sports day which we hope you will all join in with.

This year, with the Tokyo Olympics being postponed, we will be holding our own SOCK OLYMPICS. All the details you need are on the next page. Please join in, score points for your team and make sure you send us your points to go towards the House Cup. Who will win ... York, Chester or Lincoln???

In addition to the sock Olympics, there are lots of other activities that you can have a go at. Take a look below.

### Challenge 1 – Exercise Pictures

Can you draw some pictures of the types of exercise you enjoy doing?

Write what you enjoy doing and how it makes you feel



### Challenge 2 – Healthy Snacks

Look at different foods that are healthy and plan your healthy snacks for a week. Draw what you have chosen and why.



### Challenge 3 – Promoting the Sock Olympics

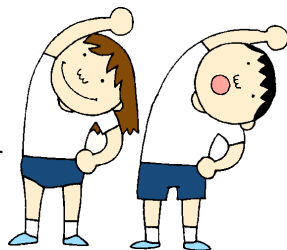
You are part of the planning committee for the Sock Olympics 2020.

You have been given the job of creating a mascot for the Sock Olympics. You can just draw your design or have a go at making a mascot. Perhaps you could make one out of an old sock?



### Challenge 4 – Video Workout

Can you create and video your own exercise routine which could be shared with your teacher



### Challenge 6 - Create your own obstacle Course for the family

With permission, use whatever you have in your home to create an obstacle course, either in the house or in the garden.

See how long it takes to complete the course. Video someone and create a commentary to go with it. Challenge a family member to complete the course



### Challenge 5 - Song and Dance

Pick a song of your choice and create a dance to go with it.



ENJOY KEEPING FIT & HEALTHY ... DON'T FORGET TO EAT WELL AND GET LOTS OF SLEEP!



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## Welcome to the Sock Olympics



- STEP ONE** Look at the 5 activities that make up your SOCK OLYMPICS
- STEP TWO** Find all the equipment you need to take part
- STEP THREE** Find a safe place to complete each activity
- STEP FOUR** Watch the videos linked in the box to find out how to do each activity
- STEP FIVE** Ask someone to count how many points you score on each activity
- STEP SIX** Email your teacher telling them your score
- STEP SEVEN** Congratulate yourself on completing the SOCK OLYMPICS

### DEMONSTRATION VIDEOS

Thank you to the Year Six children for demonstrating each activity. Click on each activity to go to the video

[SOCK BASKETBALL](#)

[SOCK AND SPOON](#)

[SOCK LADDER](#)

[SOCK JUMP](#)

[SOCK RELAY](#)

# Nursery to Y2 Sock Olympics

## Sock Basketball

Put a bucket or basket the number steps away that matches your age. How many times can you throw your ball of socks into the bucket, collect, return and throw again in 1 minute?

## Sock & Spoon

Mark out a 5m course. Place your sock ball on a spoon. How many times can you walk/run from one end of the 5m to the other? One point for each complete length. How many can you do in one minute?

## Sock Ladder

Find 5 socks and lay them out 50cm apart. Jump between each sock, when you get to the end, run back to the start. You score one point for each completed run. How many can you score in a minute?

## Sock Jump

Place your socks on the floor. How many times can you jump over them in 1 minute?

Each time you return to your start position you score one point.

## Sock Relay

Put a bucket or basket the number steps away that matches your age. Take 3 balls of socks. Take one ball of socks at a time run and place it in the basket (not throwing). When all 3 are in there, reverse the task and go and pick up a ball of socks. How many can you do in a minute?

When you have completed all the activities, email your scores to your teacher.