

Health & Fitness Week

Year 3 to Year 6

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 – Keep a Fitness Diary

Choose activities to do each day and keep a diary of what you have done. You might even take your pulse after each activity and record which activity makes your heart beat faster.



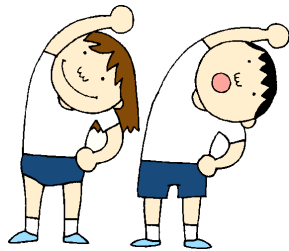
Challenge 2 – Pulse Rate Graph

Choose a day and take your pulse rate at regular intervals. Plot the graph on a piece of squared paper.



Challenge 4 – Joe Wicks Workout

Now that Joe Wicks has gone part time, can you create and video your own Joe Wicks Video which could be shared with your teacher



Challenge 5 - Song and Dance

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



Challenge 3 – Promoting the Sock Olympics

You are part of the planning committee for the Sock Olympics 2020. Can you choose one of the following challenges to have a go at.

3a Create a TV or radio advert promoting the Olympics

3b. Design a poster advertising the Olympics

3c. Create a mascot for the Olympics



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



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



Year 3 to Year 6

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 below 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 you teacher telling them your score and your house team
- 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 DROP](#)

[SOCK DROP 2](#)

[SOCK THROW](#)

[SOCK CATCH](#)

Year 3 to Year 6 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 in one minute?

Sock Drop

Stand on one foot. Drop your sock and try and pick it up without falling over. Stand up straight and repeat.

How many can you do in one minute?

Sock Throw

Put a newspaper or towel the number steps away that matches your age. Throw your ball of socks to land on the paper. 5 points if it lands on the paper, 3 points if it lands on and then rolls off.

Repeat 10 times. Add up your points

Sock Catch

Gently throw a ball of socks over your head, turn and try and catch it.

How many times can you do this in 1 minute?

When you have completed all the activities, email your scores to your teacher. Make sure you say which colour house team you are in.