

Test your maths and word skills with a keep fit twist!

Spin to find out what you have to do!

Make a learning day an active day



Exercise makes you feel good!



Helps you concentrate on your school work!



Helps you feel full of energy

- A clock or stopwatch
- PE kit and trainers
- Pencil and paper
- Water
- Towel
- Paperclip
- Ribbon / String

Drink plenty of water when you exercise and wear comfortable clothing and shoes

Before you exercise always remember to warm-up your muscles, including your heart with 5-10 minutes of stretches and movement until you are slightly out of breath and feel warm. Don't forget to cool down at the end too!

Get ready...Create your paperclip game spinner

- Draw a circle around a plate on a piece of card or paper
- With a pen divide the circle into 8 segments
- In each segment write in the eight activities
1) hide & seek 2) scrabble 3) make a word
4) laser obstacle course 5) running on the spot 6) burpees 7) plank 8) squats
- Make a hole in the centre and insert a pencil over a paperclip so it spins



Get set... Learn and practise the exercises below as part of your warm up and familiarise yourself with the game rules and let's see if you know your alphabet. Write down the letters of the alphabet on separate pieces of paper. You'll need these for the scramble and make a word games.

Also write down numbers 1-8 on separate pieces of paper/card. You'll need these for the hide and seek game and practice your times tables for the laser obstacle course!

Running on the spot for ten seconds. Lifting your knees high and pumping



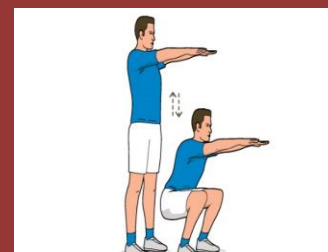
Burpees - everybody's favourite! Do six if you can



Plank for ten seconds - good for your core strength. if want to make it a bit easier drop your knees to the floor, but keep your back straight and those tummy muscles tight!

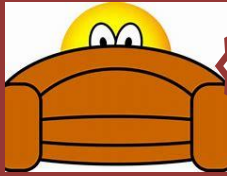


Squats – good for your leg muscles and your tummy too! Try doing eight



- **Hide and seek**

Might be a good time for a healthy snack break too



No peeking!

Ask an adult to spin the game spinner to select 3 numbers between 1 and 8 and get them to hide them in the room that you are in. Leave the room until the numbers are hidden. Come back into room and try and find all 3 within 30 seconds. Beware if one of the numbers is a 6 you have to do 6 burpees!!

Lay out the 3 numbers in any order and ask the adult to give you a sum to do with the 3 numbers. For example $3+9+3=15$ or make the sum more challenging by combining adding with multiplying for example $3+9 \times 3=30$

- **Scrambled word**

Ask an adult to make up a word with 4 or more of the letters which they should then scramble like this and give you a clue to the answer. You will have 30 seconds to find the word.

Clue: A fruit tree found in the garden

E T P P A R L E E

A P P L E T R E E

ANSWER:

If you get the word right your adult helper has to do an exercise from the game spinner. You can choose! If you don't get it right in time, then it's you who has to do one of the exercises!



- **Laser Obstacle course**

Construct an obstacle course along a hallway at home using lengths of string or ribbon. Complete the course in the quickest time without touching the string/ribbon whilst saying out loud a times table to be chosen by your adult helper. Beware though each time you touch it you'll get a 5 second penalty!



3 Times Table		
3	×	0 = 0
3	×	1 = 3
3	×	2 = 6
3	×	3 = 9
3	×	4 = 12
3	×	5 = 15
3	×	6 = 18
3	×	7 = 21
3	×	8 = 24
3	×	9 = 27

- **Make a word**



Sort the letters into two separate piles of vowels and consonants

Lay the letters face down on a table and turn over the 9 you've selected

From the letters of the alphabet you wrote on paper/ card, choose 9 letters with a combination of vowels and consonants. Set a time limit of 30 seconds and try and make up a word with the randomly selected letters. Try and make the longest word within the time limit. It must be a real word! If you make a word with 5,6,7, or 8 letters do the exercise on the game spinner board which goes with the number.

GO.....spin the game spinner and do the one it lands on. Good luck!