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**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 1 house point per activity.

|  |  |  |
| --- | --- | --- |
| 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 BounceHow 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 :**