

LET'S
WALK TO
SCHOOL

FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

How to use your chart:

Tick off each day that you complete 30 minutes of exercise (there are lots of ideas included in this pack).

Aim for at least 4x 30 minutes of exercise a week



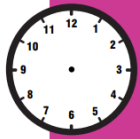
Badges:

Continue to earn badges for your Wow Travel Tracker- instead of walking to school- you can do your daily exercise to gain these rewards. Badges will be left outside of school to collect.

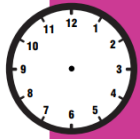
Walking Challenges: Can you complete any of these activities on a local walk?

ACTIVITY 4

What time did you go for a walk today?



What time did you get home?



ACTIVITY 5

Can you spy each of the following while out for a walk today?

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> ZEBRA CROSSING | <input type="checkbox"/> RED POSTBOX |
| <input type="checkbox"/> EARTHWORM | <input type="checkbox"/> AEROPLANE |
| <input type="checkbox"/> BLACKBIRD | <input type="checkbox"/> SQUIRREL |

Humans have five senses - sight, hearing, touch, taste and smell. What did you discover on today's walk?

ACTIVITY 2

FUN FACT: The flashing orange lights on a zebra crossing are called Belisha beacons. They are named after a British politician, Leslie Hore-Belisha. How many Belisha beacons can you spot while out for a walk today?

Tally charts are used to collect data quickly. Can you complete the Living Streets achievements tally chart while out for a walk today?

WHAT CAN YOU SPOT?	TALLY	TOTAL
CHILDREN ON SCOOTERS		
ZEBRA CROSSING		
20MPH SIGNPOST		
DROPPED KERB		
CHILDREN WALKING TO SCHOOL		

Online Exercise Ideas:

Outdoor Exercise Ideas:

<p>Youth Sport Trust 30 minute After School Club: Watch and join in with past sessions here: After School Sport Club - YouTube Join in with live sessions Thursday and Tuesdays 5pm: YouthSportTrust - YouTube</p>	<p>Scavenger Hunt: Take a look at the indoor and outdoor scavenger hunt sheets included within this pack. These are great to do during a walk and can keep the whole family entertained for a long time ☺</p>
<p>Just Dance -Copy the dance routine (there are lots of these free on youtube) Just Dance Kids 2014 A Pirate You Shall Be - YouTube</p>	<p>Orienteering Game- Draw a map of your garden, or a local walk/ park. Mark on this map some 'crosses' and hide something in these places or place (you could keep it as just 1 object hidden). See if your children can use the map to find the hidden object. Maybe the next day they could draw you a map and see if you could follow their trail to find something hidden?</p>
<p>BBC Boogie Beebies CBeebies - Boogie Beebies - Clips (bbc.co.uk)</p>	<p>Play a game of 'Tag'</p>
<p>Disney 10 minute Shake ups Disney Shake Up Games 10 Minute Shake Up Change4Life (www.nhs.uk)</p>	<p>Free Dance- How long has it been since you had a dance to your favourite music? Enjoy dancing to all your favourite tunes. It'll only take about eight songs for you to get your 30 minutes in, so make sure you choose your best bangers to get your heart beat up!</p>
<p>Go Noodle - Stay active by completing different games Home - GoNoodle</p>	<p>Bean Bag Hoop Trivia- Lay out a hoop, or something children can throw into and give children a ball or rolled up socks etc. Children throw the ball, if it lands in the hoop they have to do an active challenge (e.g. 30 seconds of star jumps/ 5 burpees). If they miss, they have to answer a Trivia Question (this could be linked to their home learning).</p>
<p>BBC Super Movers (activities linked to the curriculum) Super Movers - BBC Teach</p>	<p>Set up a 'mini-Olympics' Create a set of mini challenges, these could be designed by the children or grown-ups and get the whole family involved. (Example events: sprint race, egg and spoon)</p>
<p>Cosmic Kids Yoga Cosmic Kids Yoga - YouTube</p>	<p>Active songs or Stories Pick a book or song that has a word that is often repeated (e.g. choose the word 'hat' if you were reading The Cat in the Hat). Every time your child hears the word they have to get up and do a jumping jack.</p>
<p>FCCE Primary School Website Complete the weekly 60 second challenge and Outdoors challenge or dance videos we have uploaded Physical Education (PE) FCCE Primary School</p>	<p>Workout Circuit: Create your own 'Joe Wicks' inspired work outs. Come up with your own exercises, or use this website to give you some ideas. Exercises Archive - Healthier. Happier.</p>
	<ul style="list-style-type: none"> -Go on a bike ride -Go for a walk or jog -Play on the trampoline

