

Health Week - Weekly Learning Tasks

<u>Jumping</u>	<u>Agility run -</u>						
<p>Make a line on the ground (this is your jump line) Decide on your unit of measurement - meters, centimetres or use your own unit of measurement remember you need to use it for all the jumps.</p> <p><u>Jump 1 - stand and jump</u></p> <ul style="list-style-type: none">• Stand at your line. Jump with both legs together• Measure your distance. Can you beat it? <p><u>Jump 2- run and jump</u></p> <ul style="list-style-type: none">• Take a run up to your line and then jump.• Measure your distance. Can you beat it? <p><u>Jump 3 - hop, skip and jump</u></p> <ul style="list-style-type: none">• Stand at the line• Take a hop, then skip and jump.• Measure your distance. <p>Practice this activity and share your best distance. Don't forget to share what unit of measurement you used.</p>	<p>Equipment - 4 household items e.g - shoe, tin, eggs, bottle</p> <p>Place each item in the corner of a square.</p> <p>Eg -</p> <table border="0" data-bbox="1433 462 1836 670"><tr><td>eggs</td><td>shoe</td></tr><tr><td colspan="2" style="text-align: center;">YOU</td></tr><tr><td>tin</td><td>bottle</td></tr></table> <p>Place yourself in the middle of the square. Get a family member to shout out 3 items e.g shoe, bottle, eggs. You then run and toe tap these 3 items in the order they were shouted out. Repeat the a few times, once you have the hang of this then make the list longer. You can repeat an item more than once in a list. This is a good activity for speed, co-ordination, agility, reaction and memory.</p> <p>How many items can you remember?</p> <p>Remember to share your videos and results with your class teacher</p>	eggs	shoe	YOU		tin	bottle
eggs	shoe						
YOU							
tin	bottle						

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Make a smoothie

Smoothies are a great way to get fruit, vegetables and nutrients into your belly.

Smoothies can be made from fresh and frozen fruit.

If you have your own recipe then share it with the class.

Look at the following recipes and pick one or two to make -

Banana, Honey & hazelnut smoothie

1 peeled, sliced banana
250ml soya milk
1 tsp honey
a little grated nutmeg
2 tsp chopped hazelnuts, to serve

Method

Blend the banana with soya milk, honey and a little grated nutmeg until smooth.
Pour into two large glasses and top with the toasted, chopped hazelnuts to serve.

Breakfast smoothie

1 small ripe banana
about 140g blackberries, blueberries,
raspberries or strawberries (or use a mix),
plus extra to serve
apple juice or mineral water, optional
runny honey, to serve

Method

Slice the banana into your blender or food processor and add the berries of your choice.
Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.

Super berry smoothie

450g bag frozen berry
450g pot fat-free strawberry yogurt
100ml milk
25g porridge oat
2 tsp honey(optional)

Method

Whizz the berries, yogurt and milk together with a stick blender until smooth. Stir through the porridge oats, then pour into 4 glasses and serve with a drizzle of honey, if you like.

Design and create an obstacle course

Draw and plan out an obstacle course for inside or outside.


Complete to the course and time yourself.

- Can you get better at your time?
- How can you make the race fair for everybody?

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<p style="text-align: center;"><u>Daily Walk/cycle</u></p> <p>Go for a walk/cycle every day.</p> <ul style="list-style-type: none"> Record you're the distance you walk/cycle. At the end of the week add up your total and see how far you have gone. Use google pedometer to see how far out of Fettercairn you have travelled. The distance between Fettercairn and Montrose is 12.8 miles. How close to Montrose did you get? 	<p style="text-align: center;"><u>Chalk obstacle course -</u></p> <p>Create a chalk obstacle course on a pathway'</p> 	<p style="text-align: center;"><u>Hurdles</u></p> <p>Equipment - empty cereal box, toilet roll</p> <p>Set up the boxes/toilet rolls in a line with a gap between (gap needs to about 5/6 paces between them)</p> <p>Run and jump over your homemade hurdles.</p> <p>*to made it harder increase the hight of the hurdles*</p> <p style="padding-left: 40px;">This is a race that you could do on you sports day</p>
<p style="text-align: center;"><u>Create a meal</u></p> <p>Plan a healthy meal. With help from a parent make that meal.</p> <p>** You could pick 1 meal and plan a healthy menu for the whole week**</p>	<p style="text-align: center;"><u>Senses</u></p> <p>What to do:</p> <ul style="list-style-type: none"> Find somewhere outdoors where you won't be interrupted. Think of the following - 5 things you can see 4things you can touch 3 things you can smell 1 thing you can taste <p>You could also do this task when out for a walk</p>	<p style="text-align: center;"><u>Mini Highland Games -</u></p> <p>Have your own mini highland games? I have included some activities which you can try out.</p> <ul style="list-style-type: none"> - Sheaf toss - Farmer's Dash - Tug 'o' War - Haggis Hur!! - Welly Throw - Caber Toss! <p>Photo 2 has further instructions You could also include these at your sports day.</p>

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<u>Sit Outside and Listen</u>	<u>Create your own circuits</u>	<u>Water Challenge</u>
<p>What to do:</p> <ul style="list-style-type: none"> Find somewhere outdoors where you won't be interrupted. Close your eyes, take a few deep breaths, and then bring all your attention towards what you can hear. Notice which sounds are most obvious to you, as well as those that are in the background - some come and go, some are there all the time, some a loud while others are soft. Continue listening in this way for at least five minutes. <p>This is good exercise to do daily. Record the sounds that you hear.</p> <p><u>Extra challenge -</u></p> <p>Can you create a sound map? On a bit of paper draw a dot (that is you) every time you hear a sound record on the paper the direction it came from, also record what the sound is. This is tricky and may take a few attempts.</p>	<p>Set up 5 stations in the garden -</p> <p>Station 1 - Star jumps</p> <p>Station 2 - Make a mark on the ground - Jump over the mark</p> <p>Station 3 - Toe touches</p> <p>Station 4 - Step up - you will need a bench/step. How many steps can you do? Can you do jumps ups? (both legs at once)</p> <p>Station 5 - Place 5 markers in a row Dribble of a ball round the cones</p> <p>Set a time limit (30 secs, 1 min, 2 ½ mins) Go around the circuit 2/3 times. Have a small break between after you completed 5 stations.</p> <p>*Create your own stations and share your circuit on Seesaw/Google Classroom.*</p> <p>*How can you make it fair for whole family to take part? *</p>	<p><u>Equipment -</u></p> <p>2 Big buckets of water A smaller container 1st bucket - Half fill one big bucket with water and place halfway/at the end of the garden. 2nd bucket place at the start line. Run to the 1st bucket with the small container and fill with this water. Then take this water back to the 2nd bucket. Continue until the 2nd bucket is full.</p> <p>How many trips did it take you? How long did it take you to transfer the water?</p> <p><u>Extra challenge -</u></p> <p>Can you make it to a race with 2 teams? How do you get on if you use a small container with holes in it?</p> <p>Share photos/videos on Seesaw/google classroom</p>

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<u>Keepy ups</u>	<u>Animal Exercise</u>	<u>Tower jump</u>
<p>You can do this task inside or outside. Outside use a ball Inside use a toilet roll</p> <p>How many keepy up can you do in 1 go? Practice this over the week and let you teacher know your best score. Film yourself and share the video with your class. Who in the class can do the most keepy ups?</p>	<p>See photo 1-</p> <p>Practice these differnet animal movements in the garden. Race each other -</p> <ul style="list-style-type: none"> • Race using the same animal • Race each other but each pick a different animal. • Which animal is the fastest/lowest? • Can you make up your own animal movement? <p>Could you use these moves at your sorts day?</p>	<p>Equipment - toilet rolls</p> <p>Place a toilet on the ground. Keeping your feet together and jump over the roll. Add another roll on to the tower, jump over. How many rolls can you jump over? How many rolls can the adults jump over?</p> <p>Share a video of you jumping over the rolls. Who in the class can jump over the most rolls?</p>
<p><u>Sports Day/ Highland Games</u></p> <p>As a family to plan and take part in your own sports day at the end of the week. Share photos/videos on Seesaw/Google Classroom</p> <p>*Create a poster informing family members when sports day is taking place: - you need to include the following- date, time, location</p> <p>*Create a banner for your sports day and hang it up in the garden on the day. You could also create flags for team family member who is taking part.</p> <p>* Create a programme of events include the following races - sprint, egg/potato +spoon race, 2/3 potted sport races Get creative with the races and what else could you add in.</p> <p>* Medals/trophies/certificates - think about what you're going to present to winners on the day.</p> <p>* Hold your sports day - share some photos with your class teacher</p> <p>**Remember to have lots of fun**</p>		

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Picture 1 -



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Photo 2 -

Highland Games



Sheaf TOSS!

When played at Highland games, competitors have to try and get a filled bag, or sheaf, over a high bar using only a pitchfork. But in our version we have changed the rules a little bit.

Instead of seeing how HIGH you can toss your sheaf, let's see how FAR you can toss it.

What you NEED:

- A pole - such as a broomstick.
- A sheaf - stuff a pillowcase or sack with something soft, such as clothes, straw or wool.
- A starting line - made using a piece of chalk, string or ribbon.
- A marker - something to mark spots on the ground, such as a piece of chalk, plastic marker cones or stones.



01 Get yourself a pole or a broom and a homemade sheaf!



02 Create a starting line with chalk, string or ribbon and place your sheaf at it.



04 Mark the spot where it landed. Let the next player take their turn. You each have two turns and the one who tosses it the furthest, wins!

03 Taking turns, try to lift up the sheaf and catapult it into the air so that it goes as far as possible. Just don't step over the line, as your toss will not be counted!



Farmer's DASH!

This sport involves the athlete picking up two weights, one in each hand and walking as far as they can.

To make sure that you've got enough energy for the rest of the games, we've decided that our winners will be the ones who walk the distance the fastest.



What you NEED:

- TWO WEIGHTS per team/ player - two objects of equal weight which can be carried, such as bottles of water, buckets filled with stones, or pairs of socks in carrier bags. Just make sure the size is right for the age and the size of the players.
- A starting line.
- A return mark - you can use cones, stones, chalk or string.

01 Set up a starting line, a return point and race against your opponents!

02 Each team/player stands at the starting line, and when the game kicks off the first player in each team picks up the two weights, one in each hand and walks as fast as they can to the marker, turns around and comes back to the team. They drop off the weights and the next one in their team takes their turn.

03 The team/player who finishes first wins.



Tug o' WAR!

Tug o' war is a team sport with an ancient history, and versions of it have been played across the world for centuries.

Usually it is played in teams where each team has to use all their strength to pull the other team across the line.

What you NEED:

- A long rope - this needs to be thick enough to grasp with your hands.
- A divider - a piece of ribbon, coloured string or tape.
- Two markers - create with chalk, string or cones.



01 Fix your divider to the centre of the rope.

02 Lay the rope on the ground and create a starting point either side of the centre line. This is where each team will line up to hold the rope.



03 Teams line up and hold the rope.

04 On the starting sound each team starts to pull. Team members are not allowed to move their feet - they must let the rope pass through their hands if they are gaining rope.



05 The winning team is the first team to pull the tape on the rope over their starting line.

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Haggis HURL!

This event at the Highland games involves seeing who can throw a weight the furthest, but many Highland games also include a similar fun event called haggis hurling.

The aim of the game is to throw it the furthest without bursting it. Have a go with your own haggis!

What you NEED:

- A HAGGIS - balloons filled with water, bean bags, or sandwich bags filled with rice. Make sure the weights and the items are the same.
- A starting line or a chair. Usually this is played from an elevated position, like on top of a barrel or a chair. Just make sure it's safe and an adult is keeping it stable.

- 01** Fill your balloons with water! You can also use bean bags or sandwich bags filled with rice. What ever you choose, just make sure everyone has the same thing



- 02** Step at the starting line, or on the chair/barrel/box and throw your "haggis" as far as you can without bursting it.

- 03** The team/player who throws it the furthest and keeps it intact wins. If they all burst - no one wins!



Welly THROW!

This game is inspired by the hammer toss where participants take a hammer (a heavy metal ball on a pole) and spin around with it before letting it fly as far as possible.

Don't worry you will not need to do this, a good old size 8 welly will be good enough to test your throwing skills.

What you NEED:

- WELLY - a knee-length boot could also be OK (check with the owner before using it).
- A starting line - created with chalk, string or cones.
- Markers - create with chalk, string or cones.



- 01** Get yourself a welly!



- 02** Each player takes a turn to stand at the starting line and grabs the welly with both hands.



- 03** Either by spinning or by holding the welly in-between your legs, throw it as far as you can without stepping over the line.



- 04** The one who throws the welly the furthest wins!

To make more it challenging, you might want to make players face away from the starting line and throw the welly backwards over their head!



Caber TOSS!

Perhaps the most famous of the Highland games events, the caber toss shows both skill and strength. Large tree trunks, as tall as telegraph poles, are flipped around like matchsticks!

We're not expecting you to lift large wooden poles, so let's just try this with something lighter, shall we?

What you NEED:

- A 'CABER' - something long, such as a foam swimming pool noodle wrapped in paper, a roll of carpet, or a wide cardboard tube. You can create your own from whatever you like. But remember to mark one end so you can be sure if it has flipped.
- A starting line
- Markers to show where it landed.



- 01** Get yourself a "caber"! Each player doesn't need to have their own one, but it's good to have some variety!



- 02** Each player takes two turns to toss the caber. This involves a short walk up to the starting point followed by an attempted throw.



- 03** A successful throw is one that sees the caber flip right over. The person who flips the caber so it lands in the straightest line, wins.

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