

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
- At the end of lockdown, return the cards to school with your child.
- You are awarded 10 points per activity to add to your House point team total

Signed / Date completed	Signed / Date completed	Signed / Date completed
Signed / Date completed	Signed / Date completed	Signed / Date completed
Signed / Date completed	Signed / Date completed	Signed / Date completed
Signed / Date completed	Signed / Date completed	Signed / Date completed

NAME:

CLASS:

TOTAL POINTS :



FOREST OF DEAN

KEY STAGE 1

CARD 2

- 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
- At the end of lockdown, return the cards to school with your child.
- You are awarded 10 points per activity to add to your House point team total

 <p>Zootropolis10 minute shaker activity <u>Judy's Hopathon</u> <u>Bellwether's book</u> <u>relay</u></p>	 <p>Cosmic Yoga <u>Seahorse Yoga</u> <u>Minecraft Yoga</u></p>	 <p>Complete a 20 minute run / walk with a family member</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed
 <p>Supermovers <u>Time</u> <u>Number bonds</u></p>	 <p>Go for a bike ride or scoot</p>	 <p>Scavenger Hunt In 1 minute how many (add colour) things can you find inthe house? Repeat with different colours</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed
 <p>Boogie Beebies <u>Pirate Gang</u> <u>Do the Dino</u> <u>Go Go Mango</u></p>	 <p><u>Kitchen Curling</u></p>	 <p>Complete a 30 minute walkwith a family member.</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed
 <p>Complete a body coach workout <u>Click here</u></p>	 <p>Go outside and find as many blue things as you can!</p>	 <p><u>Rock &roll Gymnastics</u> <u>Basic shapes</u></p>
Signed / Date completed	Signed / Date completed	Signed / Date completed

NAME:

CLASS:

TOTAL POINTS :

FOREST OF DEAN

KEY STAGE 1

CARD 3



- 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
- At the end of lockdown, return the cards to school with your child.
- You are awarded 10 points per activity to add to your House point team total

NAME:	CLASS:	TOTAL POINTS:
 <p>Body Alphabet Can you make the shape of every letter of the alphabet with your body? Can you spell your</p>	 <p>Complete a body coach workout Click here</p>	 <p>Cosmic Yoga Pedro the Penguin Hungry caterpillar</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed
 <p>Skipping Challenge How many skips can you do in 30 seconds? How many times can you beat your score?</p> 	 <p>Make a list of 10 things you might find outside in your local area. Go for a walk and spot as many as you can!</p>	 <p>Go for a bike ride or scoot</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed
 <p>Balloon Blasting #ThisisPE</p>	 <p>Complete a 30 minute walk with a family member.</p>	 <p>Agility Skills</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed
 <p>Supermovers Exclamation marks! Rhymes</p>	 <p>Put on your wellies & jump in some puddles!</p>	 <p>Complete a 20 minute run / walk with a family member</p>
Signed / Date completed	Signed / Date completed	Signed / Date completed

NAME:	CLASS:	TOTAL POINTS :
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