

YEAR 4

Daily physical activity

As part of our learning about keeping healthy this week, we had a daily physical challenge to complete!



On Monday we played 'Reaction Wall'! We used numbers on the wall and a partner called out different numbers for us to hit as quickly as we could. This really tested our reaction speed!



On Wednesday we played scavenger hunts! We had to race around our homes to find items on a list. We timed ourselves to see how quickly we could do it!

On Friday we made up our own 'Wake and Shake' routines. We came up with some brilliant moves!



On Thursday we created 'horizontal climbing walls' using socks. We had to climb along the wall using only the socks to land on.



On Tuesday we played 'Lily jump pad'. We marked out 'pads' on the floor and had to jump in different ways between each one.

