



WELLBEING
WEDNESDAYS

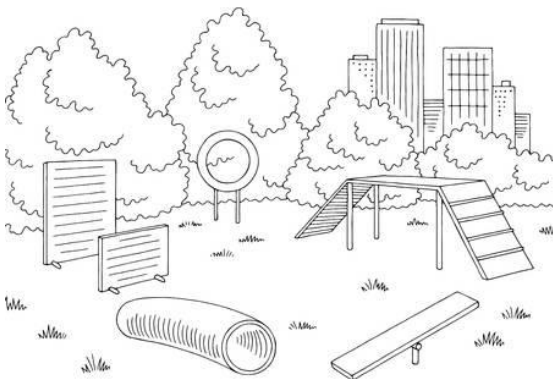
WELL BEING WEDNESDAY
WEEK SEVEN

Thank you for your photos last week. They certainly made me feel happy!



This week it should be our 'Potted Sports' at school, so what better well being theme than staying fit and exercise! During our sports we usually have all

sorts of sporting events, including egg and spoon, sack race, hurdles, obstacle course and of course my favourite, welly wanging. So today I want you to have a go at some sporting challenges, and to design the ultimate obstacle course! So first of all, on a piece of paper, or on the following page



design and draw your ultimate obstacle course! Think big, think extreme and crazy! Maybe a rope swing across a crocodile infested river?



My ultimate obstacle course...

Some sports day challenges...

1. Get an adult to boil an egg and get a spoon. Set up an egg and spoon race around your garden. Have a race against someone else.
2. Make an obstacle course in your garden and organise your own races.
3. Set a limbo challenge. All you need is a long stick, someone to hold it and limbo underneath. 'How low can you go?' Can you beat your mum or dad?



4. Try a target challenge, such as throwing balls into a bucket.

5. Try doing the long jump. Record how far you jump in cm.



6. If you have a space hopper at home, you could set up a course and have a race.
7. Now please don't go throwing your wellies over your neighbour's fence, but you could throw your welly into a target on the floor!
8. Most important of all, don't forget to drink lots of water!



MY HEART RATE

(beats per minute)

My resting heart rate is _____.

My heart rate after running on the spot for two minutes is
_____.

My heart rate after doing 20 press ups is _____.

My heart rate after jumping on the spot for two minutes is
_____.

Run on the spot for one minute, jump on the spot for one
minute and touch your toes thirty times, and my heart rate
is _____.

