

Name \_\_\_\_\_

# ★ Fabulously Fit at Catshill ★

Here at Catshill we try to encourage our pupils to be active outside of school. Below are some ideas on what children can do to encourage them to be active and healthy over the holiday. The children can complete a 'Fabulously Fit at Catshill' Summer challenge for their chance to receive a certificate and possibly even a sporting prize!



Colour the activities as you complete them!



Cycle on your bike or ride your scooter for 15 minutes.	Make up your own dance routine..	Play balloon tennis/volleyball for 10 minutes.	Go for a 15 minute walk.	Check out GoNoodle and complete one of the dance routines.
Hop on your right leg 10 times and then hop on your left leg 10 times.	Create your own obstacle course.	Play hoop target practise for 15 minutes.	Hold the plank for 10-30 seconds.	Dance to your favourite song.
Pass a ball (tennis, hockey football, rugby, basketball or netball etc. ) with someone for 15 minutes.	20 high knees.	Have a scavenger hunt.	Play tag with a friend/s for 10 minutes.	20 heel kicks.
Skip for 10 minutes. (Count how many skips you could do in a row)	15 minutes of active housework (Could be vacuuming/ sweeping etc.)	Play beat the goalie with someone for 15 minutes.	10 push ups on knees.	Draw your own hopscotch with chalk and play it for 10 minutes.
20 squats.	20 star jumps.	Go for a jog.	20 sit ups or crunches.	Can you walk sideways like a crab for 5 minutes
Practise handstands or cartwheels or forward rolls for 10 minutes.	Throw and catch a tennis ball on your own for 10 minutes.	Find a steep hill and roll down it 3 times.	Go to the park and play for 15 minutes- 30 minutes.	Play 'keepie-uppies' with a ball.



**Return to school on Monday 6th September.**



## Ideas for Active days out for free or minimal costs:

Places to Go	Website	General Info/ Top tips	Any additional Information
Uffmoor Woods	<a href="#">Uffmoor Wood - Visiting Woods</a>	Free parking You might spot deer! Den building area. No toilets	Near Clent
Rowheath Pavilion	<a href="#">Rowheath Pavilion</a>	Free parking Great natural play area Pond to feed ducks Cafe Toilets	Bit further away - Bournville, Birmingham
Sanders Park	<a href="#">Sanders Park - bromsgrove.gov.uk</a>	Skate park Play area Walks Cafe	
Waseley Hills	<a href="#">Waseley Hills Country Park</a>	Walking routes Toilets! Play area Picnic tables and cafe	
Worcester Woods	<a href="#">Directions to Worcester Woods Country Park</a>	Free parking Good playground Woodland walks Dog friendly Big field	Lovely Cafe and picnic area Close to J7 of M5
Habberley Trail	<a href="#">Best Walking Places Near Me - Kids Nature &amp; Adventure Trail Kidderminster</a>	Free parking Outdoor Dog Friendly (on lead) Cafe	£8 ticket fir a variety of activities
Wyre Forest	<a href="#">Wyre Forest</a>	Parking - paid Cafe and Toilets Play Area Walking trails	Parking is £4 (2 hours)- £7 (all Day)
parkrun (Saturday morning 9am)	<a href="#">home   Worcester parkrun   Worcester</a> Worcester Woods <a href="#">home   Arrow Valley parkrun   Arrow Valley</a> Arrow Valley		
Junior parkrun (Sunday 9am)	<a href="#">home   Bromsgrove-juniors parkrun   Bromsgrove-juniors</a> Sanders Park, Bromsgrove		

## Ideas for paid Active Days out:

Go Ape - Wyre Forest <a href="#">Go Ape: High Ropes Outdoor Activities   Live Life Adventurously</a>	Swimming- Everyone Active Bromsgrove or Droitwich Lido <a href="#">Bromsgrove Sport &amp; Leisure Centre   Gym, Swim &amp; Spa</a> <a href="#">Droitwich Spa Lido   Outdoor Swimming Pool</a>
Ice-skating - Telford Ice Rink <a href="#">Customer notice - Telford Ice Rink</a>	Churchfields Ice Cream Farm <a href="https://churchfields.farm/">https://churchfields.farm/</a>
Bowling- Hollywood Bowls Rubery <a href="#">Hollywood Bowl   The UK's best ten pin bowling alley</a>	Jungle Safari Adventure Golf Worcester <a href="#">Worcestershire's Only Adventure Golf Course</a>