THE IMPORTANCE OF PHYSICAL ACTIVITY

Physical activity promotes:

Brain Development | Feeling Good | Self-Confidence

Health & Fitness | Co-ordination | Improved Sleep

60 minutes

is the recommended dose of physical activity each day, 30 minutes of which is the responsibility of school. All activities should increase your heart rate, make you breathe faster and feel warmer.

Here are a few ideas for getting active...

Make sure you spread your physical activity throughout the day!

12 DAYS OF FITMAS

30th November – 15th December

Happy FITMAS!

With many pupil's physical activity levels dropping during lockdown, it is more important than ever for schools to harness the power of play, sport, physical activity and physical education to help students rebuild their functional capacity, belonging and happiness.

With that in mind, we have put together the **12 days of FITMAS** physical activity resource to encourage schools to take short movement breaks: encouraging regular physical activity throughout the school day.

Print the class tracker on the next page and tick off the days as you complete them, and share your involvement with us and the wider school community using the hashtags below.

Please note – all activities should be completed in line with your school's COVID guidance.

Hollie Williams

NORTH SOLIHULL SPORT

Julie Chrysostomou

South Solihull School Sport Partnership

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

THE IMPORTANCE OF PHYSICAL ACTIVITY

Physical activity promotes:

Brain Development | Feeling Good | Self-Confidence

Health & Fitness | Co-ordination | Improved Sleep

60 minutes

is the recommended dose of physical activity each day, 30 minutes of which is the responsibility of school. All activities should increase your heart rate, make you breathe faster and feel warmer.

Here are a few ideas for getting active...

Run | Cycle | Walk

Dance | Scoot | Sports

Climb | Swim | Play

Make sure you spread your physical activity throughout the day!

North Solihull Sport

South Solihull School Sport Partnership

12 DAYS OF FITMAS

30th November to 15th December

12 days of fun Christmas-themed physical activity challenges

- DAY 1 BOBSLEIGH TEAM ☐
- DAY 2 MRS CLAUS ☐
- DAY 3 SNOWBALL FIGHT ☐
- DAY 4 REINDEER RUN ☐
- DAY 5 CHATTERBOX ☐
- DAY 6 SANTA SAYS ☐
- DAY 7 PASS THE PUDDING ☐
- DAY 8 DANCE PARTY ☐
- DAY 9 CHRISTMAS JUMPER ☐
- DAY 10 SANTA DASH ☐
- DAY 11 HIITMAS ☐
- DAY 12 ROLL THE DICE ☐

Put a tick in the green boxes as you complete each task, and have fun!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

30th Nov

DAY 1 – BOBSLEIGH TEAM

EQUIPMENT

- Interactive whiteboard
- Chair

RECOMMENDED SPACE

- Classroom

GB BOBSLEIGH TEAM

WHERE DO SNOWMEN GO DANCING?

A SNOWBALL

HOW TO

- Share the importance and the benefits of physical activity with your class before starting your FITMAS adventure.
- Top tip – **watch the video through with pupils once before attempting the challenge.**
- To start, ask pupils to stand behind their chairs and to hold on to the top of them.
- Start the bobsleigh 'how to' video - https://youtu.be/n1SVIZQFQfA
- Along the top of the video, pupils will see action instructions that they should follow.

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

DAY 2 – MRS CLAUS

1st Dec

WHAT DOES SANTA USE TO MEASURE?

SANTA-METRES

EQUIPMENT

- No equipment needed

RECOMMENDED SPACE

- Playground or school hall

HOW TO

- This challenge is played just as you would play 'What's the Time Mr Wolf?'
- Select a pupil to be Mrs Claus/Mr Claus - they should stand at one end of the playing area, ideally on a line, with their back to the rest of the playing area.
- The remaining pupils stand at the opposite end of the play area, in/on a line, facing Mrs Claus.
- Pupils call out 'what's the time Mrs Claus?', and Mrs Claus turns around and responds with a number between 1 and 12.
- Pupils advance toward Mrs Claus by the number of steps instructed, and must continue to say, 'what's the time Mrs Claus?' as they advance. Mrs Claus can turn around at any point, at which point all pupils must freeze.
- Mrs Claus can direct pupils with a new number, or call "CHRISTMAS TIME", where all pupils have to run back to the starting line. Mrs Claus must get back to the starting line before the last pupil.

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

2nd Dec

DAY 3 – SNOWBALL FIGHT

EQUIPMENT

- Small and large cones
- Small and large balls

WHAT DO YOU CALL A SNOWMAN IN SUMMER?

A PUDDLE

RECOMMENDED SPACE

- Playground or school hall

HOW TO

- Split the class into 3 teams: Penguins, Reindeers and Santas.
- See '**Additional Resource 1**' for a full description on how to complete this activity.
- If time allows, create different limitations to the game to create different challenges (e.g. throw with your weaker hand, or start with your snowman at the furthest station and work forwards instead).

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

DAY 4 – REINDEER RUN

3rd Dec

WHAT DO ELVES LEARN AT SCHOOL?

THE ELF-ABET

EQUIPMENT

- Cones
- 4 x sets of reindeer names - Additional Resource 2

RECOMMENDED SPACE

- Playground or school hall

HOW TO

- This challenge is a relay race. You will need to print 4 sets of the reindeer name resource (**Additional Resource 2),** and cut each sheet up into 8 separate names.
- Split the class into 4 teams: Penguins, Snowmen, Santas and Elves.
- Place 2 cones 5m away from each other. Pupils will stand in a line behind one of the cones.
- Teachers will place the names of the reindeers under the opposite cone.
- One at a time, pupils must run to the opposite cone, collect 1 name, and return it to their team. Once a team has collected all 8 names, teams should order the reindeer names in alphabetical order. The team that completes the challenge quickest will be the winner.
- If you have time, give pupils the opportunity to discuss tactics and repeat the challenge to see if teams can improve their performance. **KS1** can take out alphabetical sorting if not appropriate.

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

4th Dec

DAY 5 – CHATTERBOX

EQUIPMENT

- Chatterbox resource - Additional Resource 3 (2 pages)
- Scissors

RECOMMENDED SPACE

- Classroom and playground

WHO HIDES IN A BAKERY AT CHRISTMAS?

A MINCED SPY

HOW TO

- Print a copy of the chatterbox resource for each pupil – **Additional Resource 3 (2 pages).**
- Fold your physical activity chatterbox - there are lots of videos available on YouTube if required.
- Once the chatterboxes are complete, demonstrate to pupils how they are used.
- Take your chatterboxes outside and have a go!
- For KS1, staff can print and lead the class through a short activity session using the chatterbox.
- Chatterboxes can be taken home to be used over the weekend.

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

DAY 6 – SANTA SAYS

7th Dec

WHAT DID ONE SNOWMAN SAY TO THE OTHER SNOWMAN?

CAN YOU SMELL CARROT?

EQUIPMENT

- No equipment needed

RECOMMENDED SPACE

- Playground or classroom

HOW TO

- This challenge is played just as you would play 'Simon Says', and can be completed either in the classroom or outside.
- Before playing, talk with your pupils to decide on some physical activity actions. These can then be used when directing the class part of 'Santa Says'.
- Pupils take it in turns to be Santa.

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

8th Dec

DAY 7 – PASS THE PUDDING

EQUIPMENT

- 4 large balls (Christmas puddings)
- Cones is required to mark the space used

RECOMMENDED SPACE

- Playground or classroom

WHICH OF SANTA'S REINDEER HAS NO MANNERS?

RUDE-OLF

HOW TO

- This challenge is a game of 'Over-Under'.
- Split the class into 4 teams: Penguins, Reindeers, Santas and Elves.
- Pupils line up behind each other in their teams, face forward, and spread out one arm's length apart.
- Demonstrate how to pass the pudding over someone's head then under someone's legs.
- Designate a start and finish line, and give the pudding to the pupil at the front of each line.
- The team passes the pudding from the front of the line to the back, alternating the 'over' and 'under' methods with each person (e.g. the first person passes over their head, second person passes under their legs, third person over their head, and so on).
- When the last person in line gets the pudding, he or she runs/skips/jumps to the front of the line and starts passing the pudding back again. Play until each team reaches a finishing point (the line should have moved up with each new start) or to a specific number of turns. Can you use a different movement pattern (e.g. pass the pudding side to side)?

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

DAY 8 – DANCE PARTY

9th Dec

WHICH CHRISTMAS CAROL DO PARENTS LIKE BEST?

SILENT NIGHT

EQUIPMENT

- Interactive whiteboard – YouTube
- Speaker

RECOMMENDED SPACE

- Playground or classroom

HOW TO

- This Christmas dance party can be conducted in classrooms or on the playground.
- Ask pupils to vote on their favourite Christmas song
- Play the Christmas song and have a dance!

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

10th Dec

DAY 9 – CHRISTMAS JUMPER

EQUIPMENT

- No equipment needed

RECOMMENDED SPACE

- Playground or school hall

WHAT FALLS BUT NEVER GETS HURT?

SNOW

HOW TO

- Complete these sets of jumps one after the other: 10 pencil jumps - 10-star jumps - 10 tuck jumps. You should complete 30 jumps in total.
- Can your class think of any other types of jump? Can they create a sequence of jumps with a partner and complete the jumps in time together?

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

DAY 10 – SANTA DASH

11th Dec

WHAT KIND OF BIRD CAN WRITE?

A PEN-GUIN

EQUIPMENT

- No equipment needed

RECOMMENDED SPACE

- Playground

HOW TO

- We are encouraging schools to engage with the national School Games Santa Dash.
- Take a look at what time your class will be taking part in the national Santa Dash on the timetable. If these times do not work for you please feel free to change them.
- The distance and time for your Santa Dash can be decided by you - whether it's a 1km run, or 1 mile walk - get involved!
- Have as much fun as possible with this one. If possible, wear some Christmas head wear!

SCHOOL GAMES

NATIONAL SANTA DASH TIMETABLE

YEAR GROUP	TIME
YEAR 4	9.30
YEAR 3	10am
YEAR 2	10.30am
YEAR 1	11.15
RECEPTION	11.45
YEAR 6	1.30pm
YEAR 5	2pm

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

14th Dec

DAY 11 – HIITMAS

EQUIPMENT

- Speaker (if playing music)
- Additional Resource 4

RECOMMENDED SPACE

- Playground or school hall

WHY IS THE TURKEY NEVER HUNGRY AT CHRISTMAS?

BECAUSE IT'S ALWAYS STUFFED

HOW TO

- Complete a class HIITMAS workout.
- Please see **Additional Resource 4** for high-intensity workout activity ideas.
- Play a fun upbeat Christmas song whilst you complete your workout.

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

DAY 12 – ROLL THE DICE

15th Dec

SANTA IS SO GOOD AT KARATE, WHY?

BECAUSE HE HAS A BLACK BELT

EQUIPMENT

- Additional Resource 5
- Glue
- Scissors

RECOMMENDED SPACE

- Classroom

HOW TO

- Print the template in the resources section below for each pupil: **Additional Resource 5.**
- Ask pupils to think of activities that raise their heart rate, and to fill the FITMAS dice full of these physically active challenges.
- Cut out the template, and fold/stick the tabs of the dice to create a cube.
- Encourage pupils to use the dice at home !

Share this challenge and your engagement in FITMAS with parents, and encourage families to have a go at the challenges at home!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

LINKS TO ADDITIONAL RESOURCES

All additional resources required for the 12 Days of FITMAS challenge can be found in this section of the document.

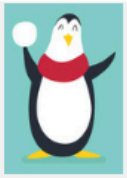
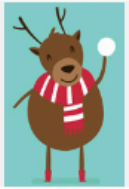
The additional resources included are:

Additional Resource 1 – Snowball Fight – 1 copy required for the teacher
Additional Resource 2 – Reindeer Run – 4 copies: 1 per team
Additional Resource 3 – Chatterbox – 1 copy per student
Additional Resource 4 – HIITMAS – 1 copy required for the teacher
Additional Resource 5 – Roll The Dice – 1 copy per student in your class

You can also find certificate templates (A4 and A5) on the final 2 pages.

ADDITIONAL RESOURCE 1 – DAY 3

Target Snowman

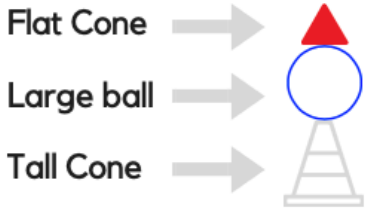
Throwing Line	1	2	3	4
				
				

How to do the activity

- Each team should create a snowman (tall cone, large ball and a flat cone) this should be built in line with the level 1 cone.
- Each level should be marked out with a different coloured spot on the floor.
- Each level should be further away.
- As soon as the snowman is built students start throwing their snowball (small ball) at the snowman from the throwing line.
- If a student knocks over their snowman, then they move their snowman to Level 2 and rebuild it.
- They then throw again from the throwing line. If missed, try again.
- Students work through the levels until they knock over the snowman on level 4.

What you'll need

- Small and large balls.
- Tall cones, flat cones and spots.



Make this task easier

- Reduce the throwing distance to each level.
- Increase the size of the snowman.
- Throw with a different size ball.

Make this task more challenging

- Increase the throwing distance to each level.
- Reduce the size of the snowman.
- Throw with least comfortable hand.

ADDITIONAL RESOURCE 2 - DAY 4

8 REINDEER NAMES

RUDOLF	COMET	DASHER	PRANCER
VIXEN	CUPID	DONNER	BLITZEN

Correct alphabetical order – Blitzen, Comet, Cupid, Dasher, Donner, Prancer, Rudolf, Vixen

ADDITIONAL RESOURCE 3 – DAY 5

12 DAYS OF FITMAS

3

Balance on your right leg for 15 seconds

4

Run on the spot for 10 seconds

12 DAYS OF FITMAS

2

Complete 5 two footed jumps in a row

5

Complete 10 star jumps as quickly as you can

1

Hop on your right leg 5 times and then your left

Balance on your left leg for 15 seconds

8

12 DAYS OF FITMAS

Complete 10 squats

7

Run with high knees on the spot for 20 seconds

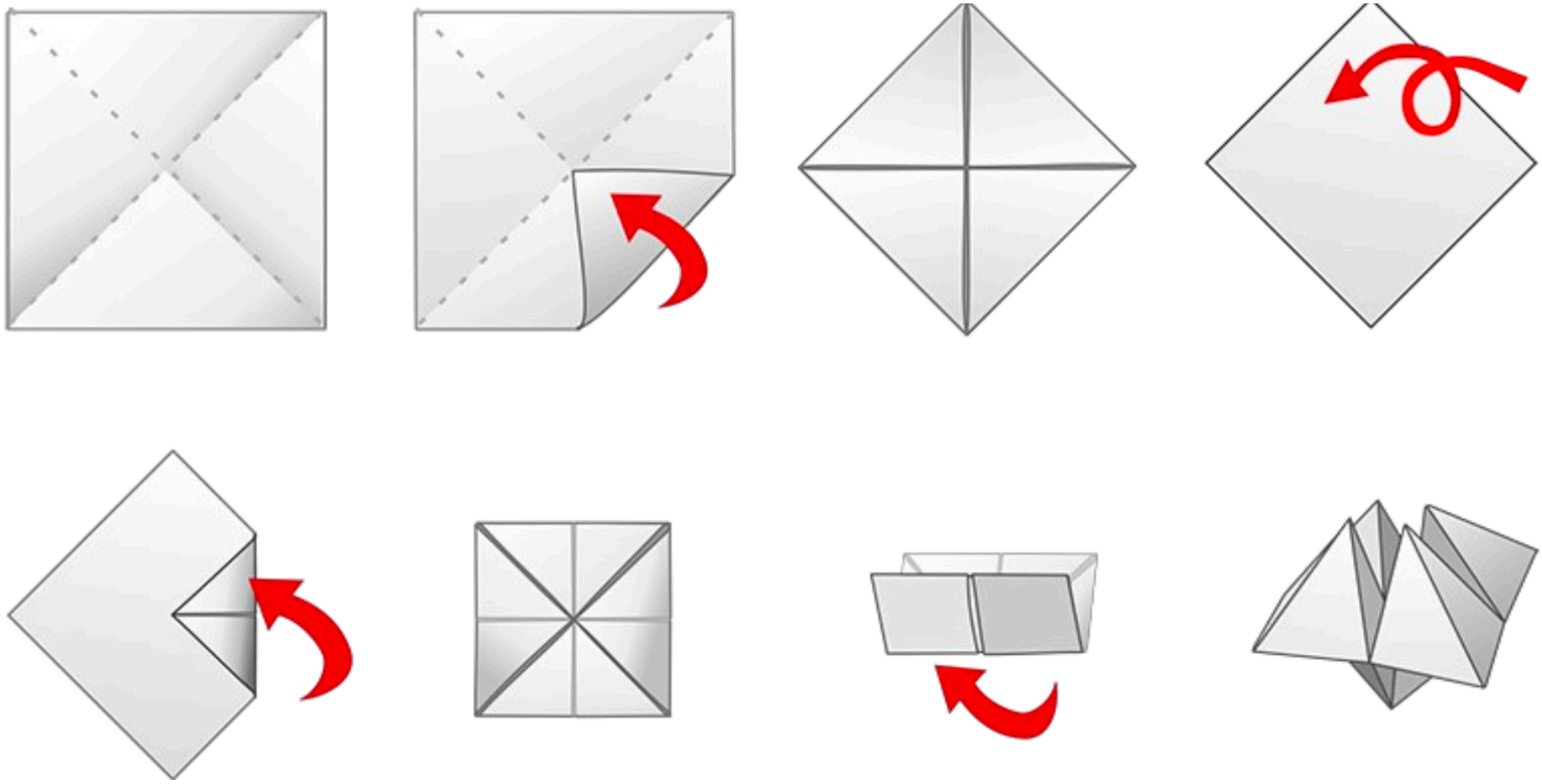
9

12 DAYS OF FITMAS

ADDITIONAL RESOURCE 3 – DAY 5

CHATTERBOX INSTRUCTIONS

- Make sure you start with the design face down
- For support, take a look at YouTube for further instructions on how to fold your chatterbox



ADDITIONAL RESOURCE 4 – DAY 11

CREATE A HIIT WORKOUT USING THE ACTIVITIES BELOW (JOE WICKS RESOURCES FROM TWINKL)

Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.

Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.

Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.

Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.

Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.

Lunge

1. Start with your feet together.
2. Step back with one leg.
3. Touch your front foot with your hand.
4. Stand up straight.
5. Repeat with your other leg.
6. Keep going!

Touch Toes, Clap Hands

1. Sit down on the floor.
2. Legs out in front of you.
3. Stretch your arms to touch your toes.
4. Stand up.
5. Clap your hands above your head.

Touch the Sky

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees.
3. Touch the floor.
4. Stand up straight.
5. Stretch your arms high above your head.

Marching High Knees

1. March on the spot.
2. Lift your knees high.
3. Touch your elbow to your knee.
4. Keep your back straight.

Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.

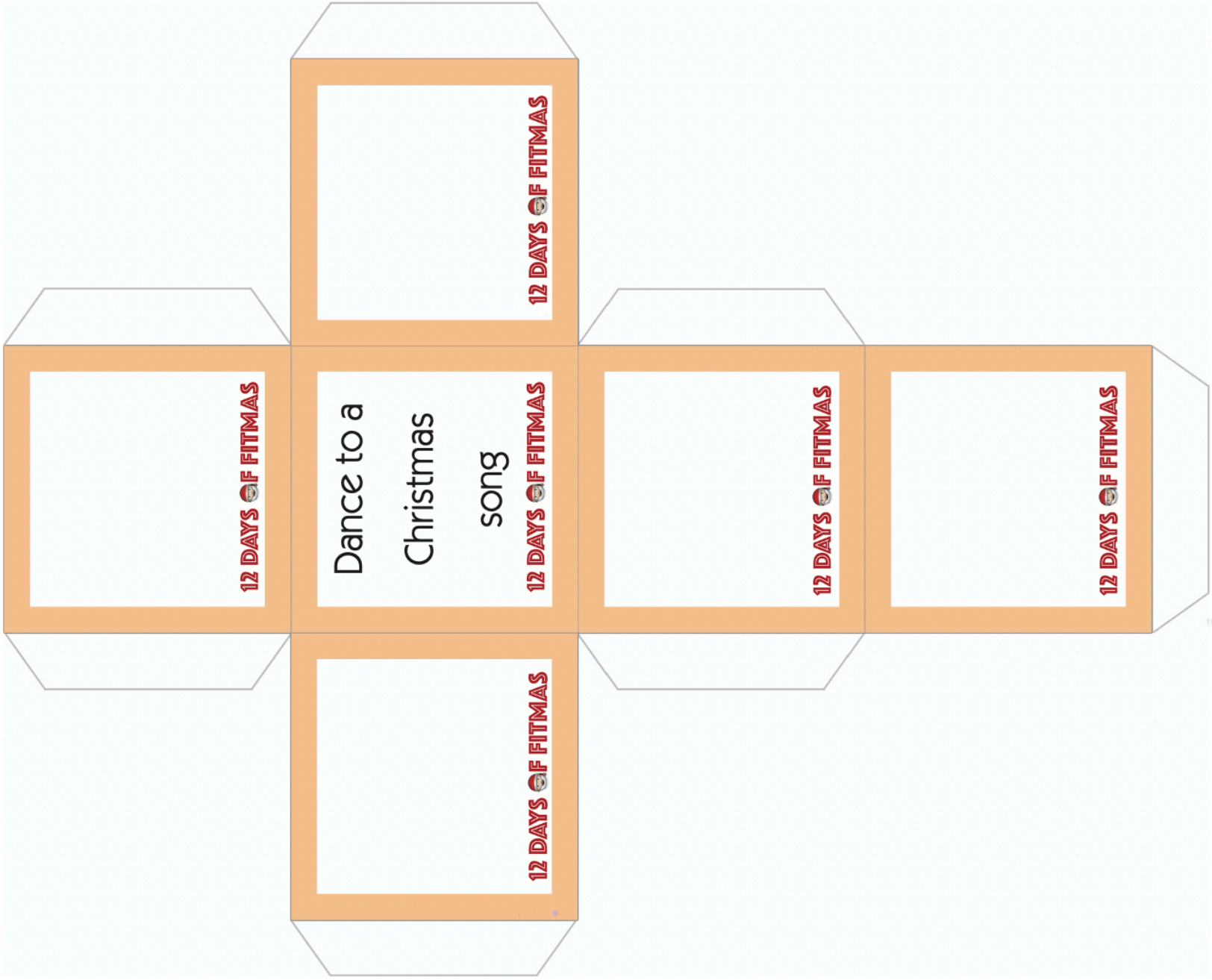
Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!

Lunge Punch

1. Start with your feet close together.
2. Step one foot backwards and bend your knees.
3. Punch out with one hand.
4. Stretch your arm out forwards.

ADDITIONAL RESOURCE 5 – DAY 12



COMPLETED THE

12 DAYS OF FITMAS

PHYSICAL ACTIVITY CHALLENGES

CONGRATULATIONS!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

COMPLETED THE

12 DAYS OF FITMAS

PHYSICAL ACTIVITY CHALLENGES

CONGRATULATIONS!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS

COMPLETED THE

12 DAYS OF FITMAS

PHYSICAL ACTIVITY CHALLENGES

CONGRATULATIONS!

@SOLIHULLNORTH @SSOLIHULLSSP #12DAYSOFFITMAS #MERRYFITMAS