



## Health and Well Being

### Joe Wicks

Join in with Joe Wicks' daily exercise class [live on YouTube](#) at 9am every day.

### Superworm Olympics!

These 4 games will help develop gross motor skills, coordination, balance, body awareness, creativity, vocabulary and concentration. Have fun and have a go!

#### 1. Superworm Lasso (Just like in the story)

##### You will need:

- **Ribbon on a stick (You could make your own with material and a stick at home).**

As in the story, Superworm changes into a lasso and helps 'baby toad who's the road'. You could try using the lasso in different hands and wave them around to make big movements. What shapes can you make with your 'lasso'? Can you write any letter shapes or number in the air?

## 2. Superworm Balance Beam

### You will need:

- **Two 'worm like' scarves**

Place the scarves on the ground in a worm shape.

Can you balance across? What other ways can you travel across the worm? Jump? Hop? Use your arms to help you balance!



## 3. Superworm Toss

### You will need:

- **Some hoop type objects**
- **Kitchen roll holder/ stick or pole**
- **Scarf- Superworm!**

Stand inside a 'superworm circle' made with the scarf. Can you throw the hoop over the kitchen roll holder or stick? If it's tricky move closer. You could challenge your grown up!!

## 4. Obstacle Course

Can you make an obstacle course using some ideas from last week and include some superworm activities too!



Please take a picture of what you have been up to and email to us at:  
[timminss@hwbcymru.net](mailto:timminss@hwbcymru.net) or [turnerl36@hwbcymru.net](mailto:turnerl36@hwbcymru.net)

We can put pictures up on ClassDojo for your child to see their own and others' creations.  
If you aren't on ClassDojo yet, please email us so we can send you the link.