



Health and Well Being

1. Joe Wicks

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

2. Spider-tastic fun!

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


2.1. Spider Lunges

Try these spider lunges every morning! How many can you do each day?

Starting with a Story

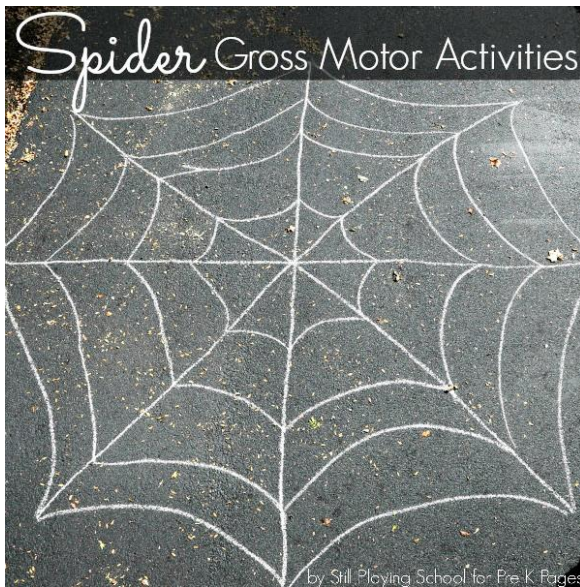
Talking Together
Webs everywhere!

Don't forget to do your shooting webs exercises!
Spider lunges here we come. How many webs can you shoot in 1 minute? Grown-ups help us time ourselves. Can you get to count to 10? Push your spider-muscles!



2.2. Chalk Spider Web Fun!

Chalk or tape a large spider's web onto the ground outside and set your child different physical challenges to do in the web.



You will need: chalk or masking tape, a toy /pretend spider or small ball/hacky sack

Make up your own challenges, or use these ideas, adapted from “Still Playing School Pre-K”:

- **Use the web as a balance beam.** Walk on the lines with a pretend spider on their heads, their feet must stay on the line and they mustn't drop the spider!
- **Walk the lines of the web in different ways** – hop along, jump with 2 feet together, walk on tip-toes, make giant steps etc.
- **Throw the pretend spider into a space on the web to play spider hopscotch.** Pretend the children are insects as you ask them to navigate from one side of the web to the other without stepping on the sticky web lines or the space of the web with the spider in it!
- **Draw out more spider webs and time your child running along all the lines and jumping between the different webs.**

Please take a picture of what you have been up to and email to us at:

[Mrs Timmins email](#) or [Mrs Rudge email](#)

We are putting pictures up on ClassDojo for your child to see their own and others' activities celebrated. If you aren't on ClassDojo yet, [please email us](#) so we can send you the link.

It's lovely receiving all the pictures! Thank you so much!