|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |
| **Active start to day** **In classroom** |
| **Dance of the week**Youtube – just dance clips | KS1- Fox  | Ghostbusters | Timber | I like to move it | Eye of the tiger | Cotton eyed Joe |  |
| **Lunchtimes**  |
| **Song of the week**-Give me 10 warm up**Mile –** walk/run/scoot |  Time Warp | Happy Pharrell Williams | Don’t stop me nowQueen | Can’t stop this feelingJustin Timberlake | Wake me upAvicii |  |  |
| **Wellbeing**  |
| **Move of the week** | Chair yoga | SquaresCircles | Chair yoga | Breathing | Red cards |  |  |

|  |
| --- |
| **Why we are doing it?** |
| Obesity Strategy – all primary children should be active for 60 mins a day – 30 mins must be provided by schools. It must be vigorous/get chn out of breath. |
| The knock effects on learning – |

|  |
| --- |
| **What we are doing?** |
| In class dance routinesWhole school Aerobics In class activities for wellbeing\* |

|  |
| --- |
| **How we are doing?**  |
| **Start of day** – as chn are entering the classroom have dance on whiteboard. Chn join in. Repeat it until all present.H & S – stand behind desks/carpet space. Jumpers off Windows open* Have drink from water bottles straight after
 |
| **Lunchtimes** – 1. Whole group Dance off
2. Whole group mile challenge – walk/run/scoot
 |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Zones** | **Moving Monday**  | **Team Tuesday** | **Wacky Wednesday** | **Throw Thursday** | **FUN Friday** |
| PlaygroundFitness zone | Mile Team marathonMK Challenge | Relay style challenges |  |  | Domes &Dishes |
| PlaygroundPlay zone | Grandmas footstepsDuck Duck GooseCrows & Cranes | Caterpillar tag | Alternative games | Aiming gamesUse playground markings | Game of the week |
| PlaygroundGame zone | Dribbling ball with hand/foot | Piggy in middle game | Bat & ball activities | Shooting – hot shots | Make up your own |
| Grass field?Free zone |  |  |  |  |  |
|  |  |  |  |  |  |