**Physical Activity 30 minute activities**

**Focus: Activity in classrooms**

Icebreaker –Rock Paper Scissors – hands, jumps – start, straight, criss cross

**Activities:**

From brain gym to action rhymes

1. **Individual/partner at desk**

Healthier generation.org – basketball swimming

RAG activities – double doodle – BB catch – Action rhymes

Activ8 =Sproings story, Move your body

1. **Whole class activity move around classroom**

Colerado –Exercise dice, fitness spelling – name

MK Mooves- Jump start your heart

Energizers K-5- Hit the deck

Fruit squash

1. **Cross curricular**

Maths4day- Bingo

Energizers K-5- stop &scribble, frozen vocab

Spell 4 me

Tour round Milton Keynes

1. **Online**

Just dance, Gonoodle, BBC supermovers, Colerado initiative