















Activities	Monday
<p>Games</p> 	<p>Bizzy Breaks: Poster: https://www.youtube.com/watch?v=zCHLDgCgfog (introduces many of the exercise in following games)</p>
<p>Dance</p> 	<p>Go Noodle: Cookie Boogie: https://www.gonoodle.com/videos/72GBkX/cookie-boogie Go Bananas: https://www.gonoodle.com/videos/QXBzZX/go-bananas</p>
<p>Exercise</p> 	<p>Exercise with Emer: Episode 1 https://www.youtube.com/watch?v=mcctIm1h3w&list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs&index=1</p>
<p>Run</p> 	<p>Red Light, Green Light (Indoors or Outdoors) This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can to the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

Activities	Tuesday
<p data-bbox="107 373 293 424">Games</p> 	<p data-bbox="427 368 1682 416">Bizzy Breaks: Funky Fruits: See end of document for instructions</p> 
<p data-bbox="107 630 275 681">Dance</p> 	<p data-bbox="427 627 658 671">Go Noodle:</p> <p data-bbox="427 683 2069 730">Jump Like a Bunny: https://www.gonoodle.com/videos/r26vr2/jump-like-the-bunny</p> <p data-bbox="427 742 1709 790">Pizza man: https://www.gonoodle.com/videos/IYOxEX/pizza-man</p>
<p data-bbox="107 900 327 951">Exercise</p> 	<p data-bbox="427 895 1021 943">Exercise with Emer: Episode 2</p> <p data-bbox="427 954 2074 1058">https://www.youtube.com/watch?v=mcctlm1h3w&list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs&index=1</p>
<p data-bbox="107 1192 215 1243">Run</p> 	<p data-bbox="427 1182 1120 1222">Red Light, Green Light (Indoors or Outdoors)</p> <p data-bbox="427 1230 2063 1449">This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

Activities	Wednesday
<p data-bbox="107 193 293 240">Games</p> 	<p data-bbox="427 188 1682 236">Bizzy Breaks: Arm Dance: See end of document for instructions .</p> <div data-bbox="443 240 757 528" style="border: 1px solid purple; padding: 5px;"> <p data-bbox="555 245 645 268" style="text-align: center; color: purple;"><i>Arm Dance</i></p> <p data-bbox="454 272 723 300"><small>Teacher plays some upbeat music. Pupils sit on, or stand behind, their chairs. Teacher leads the following upper body actions.</small></p> <ul data-bbox="454 309 723 507" style="list-style-type: none"> • Monkey: Reach arms up and down pretending to climb a vine/tree. • Horse: Pretend to hold your reins and bounce up and down. • Swim: Move arms like you are swimming (front crawl, breaststroke, doggy paddle, back stroke). • Hitch-hike: Stick up thumb of right hand and move it back and forth in front of body. Repeat with left hand. • Twist: Bend elbows with hands on shoulders and twist body at waist. • Funky Chicken: Make arms like wings and flap up and down. • Batman: Make V's with fingers and sweep in front of your eyes in the shape of batman's mask (without touching your face).  </div>
<p data-bbox="107 544 277 592">Dance</p> 	<p data-bbox="427 544 658 584">Go Noodle:</p> <p data-bbox="427 600 1917 647">Poppin Bubbles: https://www.gonoodle.com/videos/6Yl8kY/poppin-bubbles</p> <p data-bbox="427 711 2002 759">The Jellyfish Song: https://www.gonoodle.com/videos/EY99ZY/the-jellyfish-song</p>
<p data-bbox="107 839 327 887">Exercise</p> 	<p data-bbox="427 839 1021 879">Exercise with Emer: Episode 3</p> <p data-bbox="427 895 2074 999">https://www.youtube.com/watch?v=mcctlm1h3w&list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs&index=1</p>
<p data-bbox="107 1134 215 1182">Run</p> 	<p data-bbox="427 1126 1122 1166">Red Light, Green Light (Indoors or Outdoors)</p> <p data-bbox="427 1174 2063 1390">This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

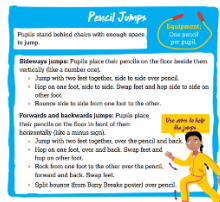
Activities

Thursday

Games



Bizzy Breaks: Pencil Jumps : See end of document for instructions .



Dance



Go Noodle:

Boom Chicka Boom: <https://www.gonoodle.com/videos/EY99ZY/the-jellyfish-song>

Peanut Butter in a Cup: <https://www.gonoodle.com/videos/nYM0Zw/peanut-butter-in-a-cup>

Exercise



Exercise with Emer: Episode 4


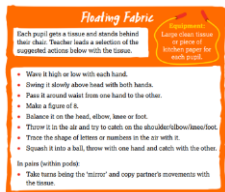



<https://www.youtube.com/watch?v=mcctIm1h3w&list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs&index=1>

Run



Red Light, Green Light (Indoors or Outdoors)

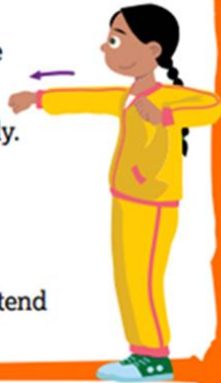
This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.

Activities	Friday
<p>Games</p> 	<p>Bizzy Breaks: Floating Fabric: See instructions below (Dance Scarves also available in PE hall for activity)</p> 
<p>Dance</p> 	<p>Go Noodle: Moose Ta Cha: https://www.gonoodle.com/videos/4wbdIX/a-moose-ta-cha Fabio's Meatball Run: https://www.gonoodle.com/videos/7YjO6X/fabios-meatball-run</p>
<p>Exercise</p> 	<p>Exercise with Emer: Episode 5 https://www.youtube.com/watch?v=mcctIm1h3w&list=PLDiumnib21kOkhUAI0cr73MU7gAHVakSs&index=1</p>
<p>Run</p> 	<p>Red Light, Green Light (Indoors or Outdoors) This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can to the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>

Funky Fruit

Teacher puts on upbeat music.
Pupils stand behind their chairs with space to move.
Pupils march on the spot.
Teacher calls out and leads the actions below.

- **Active Apples:** Jumping jacks.
- **Kicking Kiwis:** Kick to low height.
- **Leaping Lemons:** Jump from one foot to the other.
- **Bouncing Bananas:** Bounce on the spot.
- **Skipping Strawberries:** Skip without a rope.
- **Climbing Clementines:** Alternate lifting opposite knees with opposite arms in a climbing action.
- **Wobbling Watermelons:** Wobble your whole body.
- **Running Rhubarb:** Run on the spot.
- **Punching Pineapples:** Punch at shoulder level, alternating arms.
- **Napping Nectarines:** Rest head on hands and pretend to sleep.



Pencil Jumps

Pupils stand behind chairs with enough space to jump.

Equipment:
One pencil per pupil.

Sideways jumps: Pupils place their pencils on the floor beside them vertically (like a number one).

- Jump with two feet together, side to side over pencil.
- Hop on one foot, side to side. Swap feet and hop side to side on other foot.
- Bounce side to side from one foot to the other.

Forwards and backwards jumps: Pupils place their pencils on the floor in front of them horizontally (like a minus sign).

- Jump with two feet together, over the pencil and back.
- Hop on one foot, over and back. Swap feet and hop on other foot.
- Rock from one foot to the other over the pencil, forward and back. Swap feet.
- Split bounce (from Bizzy Breaks poster) over pencil.

Use arms to help the jumps.



Floating Fabric

Each pupil gets a tissue and stands behind their chair. Teacher leads a selection of the suggested actions below with the tissue.

Equipment:
Large clean tissue
or piece of
kitchen paper for
each pupil.

- Wave it high or low with each hand.
- Swing it slowly above head with both hands.
- Pass it around waist from one hand to the other.
- Make a figure of 8.
- Balance it on the head, elbow, knee or foot.
- Throw it in the air and try to catch on the shoulder/elbow/knee/foot.
- Trace the shape of letters or numbers in the air with it.
- Squash it into a ball, throw with one hand and catch with the other.

In pairs (within pods):

- Take turns being the 'mirror' and copy partner's movements with the tissue.

Arm Dance

Teacher plays some upbeat music. Pupils sit on, or stand behind, their chairs. Teacher leads the following upper body actions.

- **Monkey:** Reach arms up and down pretending to climb a vine/tree.
- **Horse:** Pretend to hold your reins and bounce up and down.
- **Swim:** Move arms like you are swimming (front crawl, breaststroke, doggy paddle, back stroke).
- **Hitch-hike:** Stick up thumb of right hand and move it back and forth in front of body. Repeat with left hand.
- **Twist:** Bend elbows with hands on shoulders and twist body at waist.
- **Funky Chicken:** Make arms like wings and flap up and down.
- **Batman:** Make V's with fingers and sweep in front of your eyes in the shape of batman's mask (without touching your face).

