






Activities	Monday
<p data-bbox="107 196 293 248"><b>Games</b></p> 	<p data-bbox="427 193 1973 236"><b>Movement in the Classroom: Simon Says</b> See end of document for instructions</p> <p data-bbox="459 247 533 261"><small>Simon Says</small></p> <p data-bbox="459 263 808 316"><small>Invite one pupil to act as the leader "Simon" or "Simone". The leader calls out an action such as "Simon Says sit down" and all the pupils perform the action.</small></p>  <p data-bbox="459 331 593 346"><small>Some example actions:</small></p> <ul data-bbox="459 347 622 432" style="list-style-type: none"> <li><small>• sit down</small></li> <li><small>• stand up</small></li> <li><small>• wave both arms in the air</small></li> <li><small>• shake one leg</small></li> <li><small>• hop up and down.</small></li> </ul> <p data-bbox="459 451 1041 504"><small>When Simon calls out an action he/she must use the phrase "Simon says..." if Simon calls an action without using this phrase it's an invalid action and anyone that does the action must perform 5 jumping jacks at their desk. They can help "Simon" catch others who do an invalid action.</small></p>
<p data-bbox="107 534 275 587"><b>Dance</b></p> 	<p data-bbox="427 531 1800 574"><b>Five little Monkeys:</b> <a href="https://www.youtube.com/watch?v=IxF0iayJR-s">https://www.youtube.com/watch?v=IxF0iayJR-s</a></p>
<p data-bbox="107 802 327 855"><b>Exercise</b></p> 	<p data-bbox="427 799 1991 842"><b>Joe Wicks 5 Minute Moves 1:</b> <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a></p>
<p data-bbox="107 1093 215 1145"><b>Run</b></p> 	<p data-bbox="427 1090 835 1129"><b>Wacky Laps (outdoors)</b></p> <p data-bbox="427 1142 2056 1437">To make running laps more fun and interesting introduce Wacky Laps, in which they run every lap in a different (and wacky!) way. Students can run the first lap to music, the second lap backward, and the third lap as slowly as possible. They can run a lap weaving among cones, another while holding hands with a partner, and another jumping over mini-hurdles (such as bean bags or any other small item that won't trip them up). Letting the students brainstorm their own Wacky Laps.</p>

# Tuesday

## Activities

### Games



**Bizzy Breaks: Mystery Mover** : See end of document for instructions .

**Mystery Mover**

- Pupils stand in a circle around the edge of the room. Ensure physical distancing is maintained by making the circle as large as possible. This activity can also be done outside.
- One pupil is selected as the 'Detective' and either stands outside the door or faces the wall (closing eyes and covering ears).
- Teacher points at one pupil who will be the 'Mystery Mover'
- The Mystery Mover starts a movement (e.g. clapping hands, waving arms, pushing forward, running on the spot) and everyone follows this movement.
- The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.
- Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.
- The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.
- When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.

### Dance



**Gummy Bears:** <https://www.youtube.com/watch?v=mYLhX6aJ32o>

### Exercise













**Joe Wicks: 5 Minute Moves 2:** <https://www.youtube.com/watch?v=SbFqQarDM50>


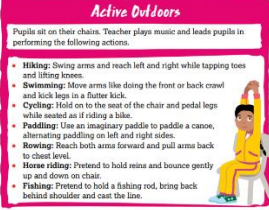



### Run



**Wacky Laps (outdoors)**  
To make running laps more fun and interesting introduce Wacky Laps, in which they run every lap in a different (and wacky!) way. Students can run the first lap to music, the second lap backward, and the third lap as slowly as possible. They can run a lap weaving among cones, another while holding hands with a partner, and another jumping over mini-hurdles (such as bean bags or any other small item that won't trip them up). Letting the students brainstorm their own Wacky Laps.

Activities	Wednesday
<p data-bbox="107 193 293 240"><b>Games</b></p> 	<p data-bbox="427 188 1890 288"><b>Movement in the Classroom:</b> Stop and Spell: See instructions at the end of document</p> <div data-bbox="450 304 663 440"> <p><b>Stop and Spell</b> The teacher calls out different activities to do:</p> <ul style="list-style-type: none"> <li>• jump</li> <li>• jog</li> <li>• jumping jacks</li> <li>• hopping</li> <li>• skipping</li> <li>• marching</li> <li>• knee lifts</li> <li>• leg curls.</li> </ul> </div>  <p data-bbox="450 456 927 520"><small>Pupils perform the activity until the teacher calls out a word. Pupils stop doing the activity and write down the correct spelling for that word. After approximately 10 seconds the teacher calls out a new activity for the pupils to do. The teacher then calls a new word and the pupils stop and spell the word. This continues until all the words on the list are used. At the end the teacher writes the spellings on the board and pupils check their spelling to see how many they got correct.</small></p>
<p data-bbox="107 544 277 592"><b>Dance</b></p> 	<p data-bbox="427 539 1827 587"><b>The Hokey Pokey:</b> <a href="https://www.youtube.com/watch?v= BXvrX1GxQY">https://www.youtube.com/watch?v= BXvrX1GxQY</a></p>
<p data-bbox="107 815 327 863"><b>Exercise</b></p> 	<p data-bbox="427 810 2069 858"><b>Joe Wicks: 5 Minute Moves 3:</b> <a href="https://www.youtube.com/watch?v=pnKCGY9ZocA">https://www.youtube.com/watch?v=pnKCGY9ZocA</a></p>
<p data-bbox="107 1102 215 1150"><b>Run</b></p> 	<p data-bbox="427 1098 837 1145"><b>Wacky Laps (outdoors)</b></p> <p data-bbox="427 1153 2056 1449">To make running laps more fun and interesting introduce Wacky Laps, in which they run every lap in a different (and wacky!) way. Students can run the first lap to music, the second lap backward, and the third lap as slowly as possible. They can run a lap weaving among cones, another while holding hands with a partner, and another jumping over mini-hurdles (such as bean bags or any other small item that won't trip them up). Letting the students brainstorm their own Wacky Laps</p>

Activities	Thursday
<p><b>Games</b></p> 	<p><b>Movement in the Classroom:</b> Roll the Dice Variation : See end of document for instructions.</p>  <p><small>Roll the Dice</small> Invite the pupils to come up with activities and assign each number on the dice to an activity. They may be chair based or standing activities. The teacher rolls a dice, physically or interactively on the white board.</p> <p><small>For example:</small></p> <ol style="list-style-type: none"> <li>1: March on the spot for 10 seconds</li> <li>2: Touch the floor 5 times</li> <li>3: Raise hands up to the ceiling and down to the shoulders 5 times</li> <li>4: Vertical jumps on the spot</li> <li>5: Toe kicks</li> <li>6: Hop on the spot</li> </ol> <p><small>Roll the dice and perform the corresponding activity.</small></p>
<p><b>Dance</b></p> 	<p><b>If you're happy and you know it:</b>  <a href="https://www.youtube.com/watch?v=o94ZFF76hEg">https://www.youtube.com/watch?v=o94ZFF76hEg</a></p>
<p><b>Exercise</b></p> 	<p><b>Joe Wicks: 5 Minute Moves 4:</b> <a href="https://www.youtube.com/watch?v=fAUckPMJKSY">https://www.youtube.com/watch?v=fAUckPMJKSY</a></p>
<p><b>Run</b></p> 	<p><b>Wacky Laps (outdoors)</b></p> <p>To make running laps more fun and interesting introduce Wacky Laps, in which they run every lap in a different (and wacky!) way. Students can run the first lap to music, the second lap backward, and the third lap as slowly as possible. They can run a lap weaving among cones, another while holding hands with a partner, and another jumping over mini-hurdles (such as bean bags or any other small item that won't trip them up). Letting the students brainstorm their own Wacky Laps</p>

Activities	Friday
<p data-bbox="91 236 414 311"><b>Games</b></p> 	<p data-bbox="414 236 2094 295"><b>Bizzy Breaks: Active Outdoors:</b> See instructions below</p> 
<p data-bbox="91 518 414 590"><b>Dance</b></p> 	<p data-bbox="414 518 2094 574">Choose your favourite dance from this week to repeat.</p>
<p data-bbox="91 790 414 861"><b>Exercise</b></p> 	<p data-bbox="414 790 2094 845"><b>Joe Wicks:</b> 5 Minute Moves 5: <a href="https://www.youtube.com/watch?v=rN0h6EZd6TM">https://www.youtube.com/watch?v=rN0h6EZd6TM</a></p>
<p data-bbox="91 1077 414 1149"><b>Run</b></p> 	<p data-bbox="414 1077 2094 1133"><b>Wacky Laps (outdoors)</b></p> <p data-bbox="414 1133 2094 1444">To make running laps more fun and interesting introduce Wacky Laps, in which they run every lap in a different (and wacky!) way. Students can run the first lap to music, the second lap backward, and the third lap as slowly as possible. They can run a lap weaving among cones, another while holding hands with a partner, and another jumping over mini-hurdles (such as bean bags or any other small item that won't trip them up). Letting the students brainstorm their own Wacky Laps</p>

## Bizzy Breaks Games:

### Active Outdoors

Pupils sit on their chairs. Teacher plays music and leads pupils in performing the following actions.

- **Hiking:** Swing arms and reach left and right while tapping toes and lifting knees.
- **Swimming:** Move arms like doing the front or back crawl and kick legs in a flutter kick.
- **Cycling:** Hold on to the seat of the chair and pedal legs while seated as if riding a bike.
- **Paddling:** Use an imaginary paddle to paddle a canoe, alternating paddling on left and right sides.
- **Rowing:** Reach both arms forward and pull arms back to chest level.
- **Horse riding:** Pretend to hold reins and bounce gently up and down on chair.
- **Fishing:** Pretend to hold a fishing rod, bring back behind shoulder and cast the line.



### Mystery Mover

- Pupils stand in a circle around the edge of the room. Ensure physical distancing is maintained by making the circle as large as possible. This activity can also be done outside.
- One pupil is selected as the 'Detective' and either stands outside the door or faces the wall (closing eyes and covering ears).
- Teacher points at one pupil who will be the 'Mystery Mover'
- The Mystery Mover starts a movement (e.g. clapping hands, waving arms, punching forward, running on the spot) and everyone follows this movement.
- The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.
- Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.
- The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.
- When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.

## Simon Says

Invite one pupil to act as the leader "Simon" or "Simone". The leader calls out an action such as "Simon Says sit down" and all the pupils perform the action.

Some example actions:

- sit down
- stand up
- wave both arms in the air
- shake one leg
- hop up and down.



When Simon calls out an action he/she must use the phrase "Simon says...." if Simon calls an action without using this phrase it's an invalid action and anyone that does the action must perform 5 jumping jacks at their desk. They can help "Simon" catch others who do an invalid action.

## Roll the Dice

Invite the pupils to come up with activities and assign each number on the dice to an activity. They may be chair based or standing activities. The teacher rolls a dice, physically or interactively on the white board.

*For example:*

- 1: March on the spot for 10 seconds
- 2: Touch the floor 5 times
- 3: Raise hands up to the ceiling and down to the shoulders 5 times
- 4: Vertical jumps on the spot
- 5: Toe kicks
- 6: Hop on the spot

Roll the dice and perform the corresponding activity.





## Stop and Spell

The teacher calls out different activities to do:

- jump
- jog
- jumping jacks
- hopping
- skipping
- marching
- knee lifts
- leg curls.



Pupils perform the activity until the teacher calls out a word. Pupils stop doing the activity and write down the correct spelling for that word. After approximately 10 seconds the teacher calls out a new activity for the pupils to do. The teacher then calls a new word and the pupils stop and spell the word. This continues until all the words on the list are used. At the end the teacher writes the spellings on the board and pupils check their spelling to see how many they got correct.