
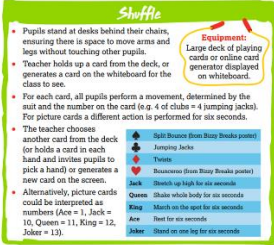





Activities	Monday
<p data-bbox="107 197 293 248">Games</p> 	<p data-bbox="427 193 1581 236">Bizzy Breaks: Shuffle: See end of document for instructions</p> 
<p data-bbox="107 513 277 564">Dance</p> 	<p data-bbox="427 509 1619 552">YMCA: https://www.youtube.com/watch?v=xU5ikYwR3QQ</p>
<p data-bbox="107 785 327 836">Exercise</p> 	<p data-bbox="427 780 1991 823">Joe Wicks 5 Minute Moves 1: https://www.youtube.com/watch?v=d3LPrhI0v-w</p>
<p data-bbox="107 1072 215 1123">Run</p> 	<p data-bbox="427 1067 835 1110">Wacky Laps (outdoors)</p> <p data-bbox="427 1118 2056 1418">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



Gangnam Style: <https://www.youtube.com/watch?v=jjPlqrGv-IA>

Exercise













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


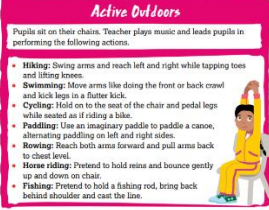



Run



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>Games</p> 	<p>Movement in the Classroom: Stop and Spell: See instructions at the end of document</p>  <p>Stop and Spell The teacher calls out different activities to do:</p> <ul style="list-style-type: none"> • jump • jog • jumping jacks • hopping • skipping • marching • knee lifts • leg curls. <p><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>Dance</p> 	<p>Happy: https://www.youtube.com/watch?v=Sj0DF0rRF18</p>
<p>Exercise</p> 	<p>Joe Wicks: 5 Minute Moves 3: https://www.youtube.com/watch?v=pnKCGY9ZocA</p>
<p>Run</p> 	<p>Wacky Laps (outdoors)</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	Thursday
<p data-bbox="107 252 295 306">Games</p> 	<p data-bbox="430 252 1975 347">Movement in the Classroom: Roll the Dice Variation : See end of document for instructions.</p>  <p data-bbox="459 367 784 422"><small>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.</small></p> <p data-bbox="459 430 515 446"><small>For example:</small></p> <ol data-bbox="459 446 739 518" style="list-style-type: none"> 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 <p data-bbox="459 526 683 542"><small>Roll the dice and perform the corresponding activity.</small></p>
<p data-bbox="107 571 280 625">Dance</p> 	<p data-bbox="430 571 2049 614">Line Dancing: Achy Breaky Heart <a data-bbox="1086 571 2049 614" href="https://www.youtube.com/watch?v=VacioZA0Jvs">https://www.youtube.com/watch?v=VacioZA0Jvs</p>
<p data-bbox="107 842 324 896">Exercise</p> 	<p data-bbox="430 842 2027 885">Joe Wicks: 5 Minute Moves 4: <a data-bbox="1030 842 2027 885" href="https://www.youtube.com/watch?v=fAUckPMJKSY">https://www.youtube.com/watch?v=fAUckPMJKSY</p>
<p data-bbox="107 1133 212 1187">Run</p> 	<p data-bbox="430 1129 840 1173">Wacky Laps (outdoors)</p> <p data-bbox="430 1181 2049 1476">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">Games</p> 	<p data-bbox="414 236 2094 295">Bizzy Breaks:Active Outdoors: See instructions below</p> 
<p data-bbox="91 518 414 590">Dance</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">Exercise</p> 	<p data-bbox="414 790 2094 845">Joe Wicks: 5 Minute Moves 5: https://www.youtube.com/watch?v=rN0h6EZd6TM</p>
<p data-bbox="91 1077 414 1149">Run</p> 	<p data-bbox="414 1077 2094 1133">Wacky Laps (outdoors)</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:

Shuffle

- Pupils stand at desks behind their chairs, ensuring there is space to move arms and legs without touching other pupils.
- Teacher holds up a card from the deck, or generates a card on the whiteboard for the class to see.
- For each card, all pupils perform a movement, determined by the suit and the number on the card (e.g. 4 of clubs = 4 jumping jacks). For picture cards a different action is performed for six seconds.
- The teacher chooses another card from the deck (or holds a card in each hand and invites pupils to pick a hand) or generates a new card on the screen.
- Alternatively, picture cards could be interpreted as numbers (Ace = 1, Jack = 10, Queen = 11, King = 12, Joker = 13).

Equipment:

Large deck of playing cards or online card generator displayed on whiteboard.

♠	Split Bounce (from Bizzy Breaks poster)
♣	Jumping Jacks
♦	Twists
♥	Bounceroo (from Bizzy Breaks poster)
Jack	Stretch up high for six seconds
Queen	Shake whole body for six seconds
King	March on the spot for six seconds
Ace	Rest for six seconds
Joker	Stand on one leg for six seconds

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.

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.