
























Activities	Monday
<p data-bbox="107 197 293 248"><b>Games</b></p> 	<p data-bbox="427 193 2033 236"><b>Movement in the Classroom: Catch the Clap:</b> See instructions at end of document</p> <div data-bbox="427 245 1373 574" style="border: 1px solid black; padding: 10px;"> <p data-bbox="450 264 618 292"><b>Catch the Clap</b></p> <p data-bbox="450 331 1323 491">Pupils stand in a circle. Begin the game by performing a simple action, for example crouch down and touch the floor. The pupils clap twice, then you name and point to a pupil. This pupil has to copy the action, then perform a new action. The pupils again clap twice and the performer names and points to another pupil. The pupils have to follow the actions around the circle as they change each time.</p> </div>
<p data-bbox="107 596 275 647"><b>Dance</b></p> 	<p data-bbox="427 592 1630 635"><b>Timber:</b> <a href="https://www.youtube.com/watch?v=rDO4QNWNvZ0">https://www.youtube.com/watch?v=rDO4QNWNvZ0</a></p>
<p data-bbox="107 866 327 917"><b>Exercise</b></p> 	<p data-bbox="427 861 2024 904"><b>Joe Wicks: Active 8 Workout 1:</b> <a href="https://www.youtube.com/watch?v=uqLNxJe4L2I">https://www.youtube.com/watch?v=uqLNxJe4L2I</a></p>
<p data-bbox="107 1161 215 1212"><b>Run</b></p> 	<p data-bbox="427 1157 857 1200"><b>Shuttle Runs (Outdoors)</b></p> <p data-bbox="427 1209 2063 1406">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Tuesday
<p><b>Games</b></p> 	<p><b>Movement in the Classroom:</b> Roll the Dice: See instructions below</p> <p><b>Roll the Dice</b> 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><i>For example:</i></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>Roll the dice and perform the corresponding activity.</p>
<p><b>Dance</b></p> 	<p><b>What Makes You Beautiful:</b> <a href="https://www.youtube.com/watch?v=UQr79y06poU">https://www.youtube.com/watch?v=UQr79y06poU</a></p>
<p><b>Exercise</b></p> 	<p><b>Joe Wicks Active 8 Workout 2:</b> <a href="https://www.youtube.com/watch?v=EDC-plCTBbc">https://www.youtube.com/watch?v=EDC-plCTBbc</a></p>
<p><b>Run</b></p> 	<p><b>Shuttle Runs (Outdoors)</b></p> <p>Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Wednesday
<p data-bbox="107 193 293 240"><b>Games</b></p> 	<p data-bbox="427 188 1906 288"><b>Movement in the Classroom: All Those Who!</b> See instructions at the end of document</p> <p data-bbox="465 328 645 352"><b>All Those Who!</b></p> <p data-bbox="465 360 1599 488">Invite pupils to move their chairs back from their desks. The teacher or a pupil from the class can be the "caller". The "caller" then calls "All those who..." e.g. have blue eyes, stand and run on the spot. Anyone, to whom this command applies, stands up and runs on the spot. After a few seconds the "caller" calls stop and everyone sits back down. The "caller" then selects another command.</p>
<p data-bbox="107 544 277 592"><b>Dance</b></p> 	<p data-bbox="427 539 1682 587"><b>What is Love?</b> <a href="https://www.youtube.com/watch?v=v8dJ-Qe-psc">https://www.youtube.com/watch?v=v8dJ-Qe-psc</a></p>
<p data-bbox="107 815 327 863"><b>Exercise</b></p> 	<p data-bbox="427 810 2063 858"><b>Joe Wicks: Active 8 Workout 3:</b> <a href="https://www.youtube.com/watch?v=9uw9ug_g-gM">https://www.youtube.com/watch?v=9uw9ug_g-gM</a></p>
<p data-bbox="107 1102 215 1150"><b>Run</b></p> 	<p data-bbox="427 1098 860 1137"><b>Shuttle Runs (Outdoors)</b></p> <p data-bbox="427 1150 2063 1350">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Thursday
<p data-bbox="107 193 293 244"><b>Games</b></p> 	<p data-bbox="427 188 1939 288"><b>Movement in the Classroom: Jumping Jacks Maths:</b> See end of document for instructions.</p> <p data-bbox="483 323 658 344"><b>Jumping Jack Math</b></p> <p data-bbox="483 349 1189 421">Teacher calls out a numeracy problem. Pupils are invited to mentally work out the problem and then quickly do the corresponding number of jumping jacks or other movement variations:</p> <ul data-bbox="483 426 757 576" style="list-style-type: none"> <li>▪ bunny hops</li> <li>▪ knee lifts</li> <li>▪ squats</li> <li>▪ march/jog in place</li> <li>▪ leg curls</li> <li>▪ bicep curls with maths book!</li> </ul> 
<p data-bbox="107 624 275 675"><b>Dance</b></p> 	<p data-bbox="427 619 1756 663"><b>Backstreet's Back:</b> <a href="https://www.youtube.com/watch?v=T3j7lq8JBf0">https://www.youtube.com/watch?v=T3j7lq8JBf0</a></p>
<p data-bbox="107 895 327 946"><b>Exercise</b></p> 	<p data-bbox="427 890 2063 935"><b>Joe Wicks: Active 8: Workout 4:</b> <a href="https://www.youtube.com/watch?v=E5cmJpSFZB8">https://www.youtube.com/watch?v=E5cmJpSFZB8</a></p>
<p data-bbox="107 1182 215 1233"><b>Run</b></p> 	<p data-bbox="427 1177 857 1222"><b>Shuttle Runs (Outdoors)</b></p> <p data-bbox="427 1230 2063 1430">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

Activities	Friday
<p data-bbox="107 252 293 304"><b>Games</b></p> 	<p data-bbox="427 245 1957 284"><b>Movement in the Classroom:</b> True or False: See instructions at the end of the document</p> <p data-bbox="461 301 535 316"><small>True or False</small></p> <p data-bbox="461 317 875 363"><small>The teacher calls out a series of statements that are either true or false. For true statements pupils run on the spot for 15 seconds, for false statements they can sit on their chairs or squat down.</small></p> <ul data-bbox="461 365 931 491" style="list-style-type: none"> <li><small>• Exercise makes your heart stronger. (True)</small></li> <li><small>• White bread is better for you than whole grain bread. (False)</small></li> <li><small>• Drinking milk is good for your bones (True)</small></li> <li><small>• Playing outside with your friends is a fun way to exercise (True)</small></li> <li><small>• Spending a lot of time watching TV and playing computer games is good for you (False)</small></li> <li><small>• All pupils should do at least 60 minutes activity everyday (True)</small></li> <li><small>• You should never eat sweets or crisps (False)</small></li> <li><small>• You should eat at least 5 portions of fruit and vegetables every day (True)</small></li> </ul> 
<p data-bbox="107 560 277 612"><b>Dance</b></p> 	<p data-bbox="427 553 1491 592">Choose your favourite dance from this week to repeat.</p>
<p data-bbox="107 831 327 884"><b>Exercise</b></p> 	<p data-bbox="427 825 1877 863"><b>Spiderman Workout:</b> <a href="https://www.youtube.com/watch?v=2X1p0Yd6WAo">https://www.youtube.com/watch?v=2X1p0Yd6WAo</a></p>
<p data-bbox="107 1118 215 1171"><b>Run</b></p> 	<p data-bbox="427 1112 857 1150"><b>Shuttle Runs (Outdoors)</b></p> <p data-bbox="427 1166 2063 1358">Place the cones the desired distance apart (usually 10 or 20 meters). Start at the first cone. Get into sprinter position. Sprint as fast as you can to the second cone and back to start cone. Then from starter cone to third cone and back to start. And finally to the fourth cone and back to start to tag next team member who starts the next shuttle run.</p>

## Games:

### **Catch the Clap**

Pupils stand in a circle. Begin the game by performing a simple action, for example crouch down and touch the floor. The pupils clap twice, then you name and point to a pupil. This pupil has to copy the action, then perform a new action. The pupils again clap twice and the performer names and points to another pupil. The pupils have to follow the actions around the circle as they change each time.



## 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.

## All Those Who!

Invite pupils to move their chairs back from their desks. The teacher or a pupil from the class can be the "caller". The "caller" then calls "All those who..." e.g. have blue eyes, stand and run on the spot. Anyone, to whom this command applies, stands up and runs on the spot. After a few seconds the "caller" calls stop and everyone sits back down. The "caller" then selects another command.

## Jumping Jack Math

Teacher calls out a numeracy problem. Pupils are invited to mentally work out the problem and then quickly do the corresponding number of jumping jacks or other movement variations:

- bunny hops
- knee lifts
- squats
- march/jog in place
- leg curls
- bicep curls with maths book!





## True or False

The teacher calls out a series of statements that are either true or false. For true statements pupils run on the spot for 15 seconds, for false statements they can sit on their chairs or squat down.

- Exercise makes your heart stronger. (True)
- White bread is better for you than whole grain bread. (False)
- Drinking milk is good for your bones (True)
- Playing outside with your friends is a fun way to exercise (True)
- Spending a lot of time watching TV and playing computer games is good for you (False)
- All pupils should do at least 60 minutes activity everyday (True)
- You should never eat sweets or crisps (False)
- You should eat at least 5 portions of fruit and vegetables every day (True)



\*\*\*True or False can be used to revise other topics too that the children are learning about in other subject areas.