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| **Active start to day**  **In classroom** | | | | | | | |
| **Dance of the week**  Youtube – just dance clips | KS1- Fox | Ghostbusters | Timber | I like to move it | Eye of the tiger | Cotton eyed Joe |  |
| **Lunchtimes** | | | | | | | |
| **Song of the week**  -Give me 10 warm up  **Mile –** walk/run/scoot | Time Warp | Happy  Pharrell Williams | Don’t stop me now  Queen | Can’t stop this feeling  Justin Timberlake | Wake me up  Avicii |  |  |
| **Wellbeing** | | | | | | | |
| **Move of the week** | Chair yoga | Squares  Circles | Chair yoga | Breathing | Red cards |  |  |

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| **Why we are doing it?** |
| Obesity Strategy – all primary children should be active for 60 mins a day – 30 mins must be provided by schools. It must be vigorous/get chn out of breath. |
| The knock effects on learning – |

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| **What we are doing?** |
| In class dance routines  Whole school Aerobics  In class activities for wellbeing\* |

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| **How we are doing?** |
| **Start of day** – as chn are entering the classroom have dance on whiteboard. Chn join in. Repeat it until all present.  H & S – stand behind desks/carpet space. Jumpers off Windows open   * Have drink from water bottles straight after |
| **Lunchtimes** –   1. Whole group Dance off 2. Whole group mile challenge – walk/run/scoot |
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| **Zones** | **Moving Monday** | **Team Tuesday** | **Wacky Wednesday** | **Throw Thursday** | **FUN Friday** |
| Playground  Fitness zone | Mile  Team marathon  MK Challenge | Relay style challenges |  |  | Domes &  Dishes |
| Playground  Play zone | Grandmas footsteps  Duck Duck Goose  Crows & Cranes | Caterpillar tag | Alternative games | Aiming games  Use playground markings | Game of the week |
| Playground  Game zone | Dribbling ball with hand/foot | Piggy in middle game | Bat & ball activities | Shooting – hot shots | Make up your own |
| Grass field?  Free zone |  |  |  |  |  |
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