

Junior (Junior infants, Senior infants and 1 <sup>st</sup> class)			
Activity – Junior	Irish Heart Foundation Resources	External Resource	Overview
<b>Funky Fruit</b>	Fruit & Vegetable Flashcards		Through these flashcards, pupils become familiar with a set of fruit & vegetables.
	Odd One Out		Pupils are presented with a set of fruit and vegetables and asked to pick the odd one out.
	Fruit & Veg Classification		This activity contains a wide range of fruit and vegetables for classification and sorting.
	Fruit Salad Sequence		In this lesson, pupils are asked to sequence pictures of instructions for how to prepare a fruit salad and also examine hand and food hygiene.
	Food Letters		In this lesson, pupils become familiar with a core set of fruit and vegetables. The sheets will help them to look at the colour and shape of the fruit & vegetables.
	Food Preference		In this lesson, pupils classify a set of fruit and vegetables as food they like, food they don't like or food they would like to try.
<b>Pencil Jumps</b>	Where is Bizzy?		In this lesson, pupils will use a preposition worksheet and presentation to describe Bizzy's location.
<b>Alphabet Actions</b>		Walk Tall	<b>(Junior Infants);</b> Unit One - Myself and My World (p.19) <b>Lesson 1: What a Lovely Bunch!</b> - Learning the story of their names helps pupils to value themselves and their uniqueness. <b>Lesson 2: This is Me!</b> - It is important to help the pupils become aware of themselves as unique and worthy individuals. <b>Lesson 3: There is No One Quite Like Me</b> - Discuss and appreciate all the features that make a person special and unique. Practice care and consideration, courtesy and good manners when interacting with others.
		Walk Tall	<b>(Senior Infants);</b> Unit One - Self-identity (p.18) This unit focuses on names, individual physical attributes, various skills and talents.
		Walk Tall	<b>(1<sup>st</sup> Class);</b> Unit One - Self-identity (p.18) <b>Lesson 1: My Name</b> - Understanding the stories and traditions behind a pupil's name can contribute to a developing sense of identity and self-esteem.
<b>Rain Shower</b>	Clothes for all Seasons		In this activity, pupils will be asked to identify what clothes are needed for different weather and classify them as for rain, snow or sun.

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	Symbol Sounds		In this activity, pupils draw symbols to represent different body percussion moves/sounds, then use these symbols to compose a simple sequence as a song.
		PDST	Body Percussion - Ideas and activities for exploring body percussion sounds for all classes <a href="https://pdst.ie/sites/default/files/Exploring%20sound%20body%20percussion.pdf">https://pdst.ie/sites/default/files/Exploring%20sound%20body%20percussion.pdf</a>
<b>Tasty Tunnel</b>	Food Groups Presentation		In this lesson, pupils will be introduced to the basic food groups as identified through the HSE Food Pyramid. Pupils will become familiar with each group and how many of each food to have each day to keep their heart healthy. Pupils will explore the importance of food for growth, development and energy and why we eat.
	Every Day Foods		In this lesson, pupils are asked to identify foods that you can eat every day and foods that you can eat only occasionally if you wish to. Pupils will become more familiar with the characteristics of balance in the diet through this activity.
	Food Source		In this lesson, pupils are asked to identify foods by their source and classify the food as either food that comes from a plant or food that comes from an animal.
		Bord Bia Seedlings	Further resources are available through the Bord Bia Seedlings programme. <a href="https://www.bordbia.ie/primary-school/seedlings-programme/">https://www.bordbia.ie/primary-school/seedlings-programme/</a>
<b>Floating Fabric</b>		Walk Tall	<b>(1<sup>st</sup> Class);</b> Unit 5 Myself and others (p.107) <b>Lesson 2 - I Belong With My Class</b> Discuss personal friends and why pupils enjoy being with them. Identify, explore and discuss qualities and skills associated with friendship.
		Marine Institute / SFI Discover Primary Science	<b>Marine Institute</b> (1st/2nd class): Lesson plan for investigating sinking/floating with a variety of different objects <a href="https://oar.marine.ie/handle/10793/938">https://oar.marine.ie/handle/10793/938</a> <b>SFI Discover Primary Science:</b> Experiment/investigation to design and make a boat using plasticine <a href="http://www.sfi.ie/site-files/primary-science/media/pdfs/col/design_a_boat.pdf">http://www.sfi.ie/site-files/primary-science/media/pdfs/col/design_a_boat.pdf</a> Also available in Irish <a href="https://www.sfi.ie/site-files/primary-science/media/pdfs/irish/col/bad_a_dhearadh.pdf">https://www.sfi.ie/site-files/primary-science/media/pdfs/irish/col/bad_a_dhearadh.pdf</a>
<b>Finger Surf</b>		Walk Tall	<b>(Junior Infants)</b> Unit 5 – Feelings (P.110) This unit explores feelings and teaches a vocabulary for expressing them. In these lessons the pupils are encouraged to share their feelings, provided they are comfortable in doing so.
		Walk Tall	<b>(Senior infants)</b> Unit 5 – Feelings (p.104) This unit explores the theme of feelings and the development of language to express these feelings appropriately.

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		Walk Tall	<b>(1<sup>st</sup> Class)</b> Unit 3 – Growing and Changing (p.48) Equally important to physical health is the concept of emotional health. In these lessons, pupils learn how to name, express and deal with feelings such as happiness, sadness and frustration.
<b>Teddy Tap</b>	Teddy Tap Additional Resource		In this lesson, pupils will look at identifying different body parts using vocabulary and images. We'll also look at different ways to manage feelings and emotions when we become upset or overwhelmed.
	Teddy Tap Colour Sheet		A teddy bear colouring sheet to accompany this lesson.
<b>Middle (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> class)</b>			
<b>Activity - Middle</b>	<b>Irish Heart Foundation Resources</b>	<b>External Resources</b>	<b>Overview</b>
<b>Arm Dance</b>	Muscles Card		An overview of different muscles and their location in the body.
		Walk Tall	<b>(2<sup>nd</sup> Class);</b> Unit 2 - Looking After Our Bodies (p.37) <b>Lesson 1: Our Amazing Bodies</b> - Write or draw some things you can do using your five senses.
<b>Dance Dice</b>		<i>Online dice generator</i>	Dice generator for display on whiteboard <a href="https://www.online-stopwatch.com/chance-games/roll-a-dice/full-screen/">https://www.online-stopwatch.com/chance-games/roll-a-dice/full-screen/</a>
		Maths Week Ireland	PIG (dice game) for 2-6 players. Instructions and online version developed for Maths Week <a href="https://www.mathsweek.ie/2019/pig-dice-game/">https://www.mathsweek.ie/2019/pig-dice-game/</a>
		Plan International Ireland	<b>Plan International Ireland – Development Education Student Resource:</b> The interactive resource contains four modules, with five lessons in each, covering four different global issues aimed at different age groups ranging from 6 – 12 years old. The first module is on Gender and is aimed at 1st – 2nd class. Lesson 3 explores gender stereotyping of roles and jobs. <a href="https://www.plan.ie/wp-content/uploads/2020/02/PI_Primary-Interactive-Resource-2020.pdf#page=22">https://www.plan.ie/wp-content/uploads/2020/02/PI_Primary-Interactive-Resource-2020.pdf#page=22</a> More information and Teacher Handbook available at: <a href="https://www.plan.ie/programmes-overview/development-education/resources/">https://www.plan.ie/programmes-overview/development-education/resources/</a>

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<b>Clapping Games</b>	Rhymes & Games		In this lesson, pupils are asked to research games and rhymes used for skipping, ball and clapping games by conducting an interview with older family members or grandparents. Pupils are asked to create their own rhymes using this research as inspiration.
<b>Active Outdoors</b>		HSE Active Playgrounds	Playground games to increase play and physical activity during school breaktimes and increase participation. This resource provides many ideas for activities and games using playground markings and other playground games. <a href="https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/active-playgrounds.pdf">https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/active-playgrounds.pdf</a> Also available in Irish <a href="https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/active-playgrounds-irish.pdf">https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/active-playgrounds-irish.pdf</a>
		Heritage in Schools	<b>Heritage in Schools: Teachers' Resources</b> Fun and educational resources designed to inspire and develop an appreciation and curiosity about Ireland's wonderful natural and cultural heritage. Resources can be filtered by subject area and curriculum strand. <a href="http://www.heritageinschools.ie/teachers-resources">http://www.heritageinschools.ie/teachers-resources</a>
		Green Schools Ireland	Resources to help with your Green-Schools programme are sorted into three categories: the theme you are working on, whether your school is primary or secondary and which of the seven steps you would like to focus on. <a href="https://greenschoolsireland.org/resources/">https://greenschoolsireland.org/resources/</a>
		Repak	Team Green for Schools - lesson plans, fact sheets, posters and activities for all levels which are also available in Irish. <a href="https://repak.ie/team-green/for-schools/">https://repak.ie/team-green/for-schools/</a>
<b>Hand Jive</b>		Walk Tall	<b>(4<sup>th</sup> class);</b> Unit 5 – My Friends and Other People (p. 82) <b>Lesson 1: Having Friends</b> – List and discuss qualities associated with friendship.
		Marine Institute	(3 <sup>rd</sup> /4 <sup>th</sup> class): Lesson plan and worksheets exploring symmetry and the sea. <a href="https://oar.marine.ie/handle/10793/760">https://oar.marine.ie/handle/10793/760</a>
<b>Step Sequence</b>	What Does Healthy Mean?		With these resources, pupils are encouraged to come up with their own ideas of what healthy means to them. Connecting these ideas to their everyday lives creates a meaningful link.
	How Much Physical Activity?		In this activity, pupils are introduced to the national recommendations for physical activity. Pupils will record how much time they spend participating in physical activity and display the class's results on a graph.

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<b>Precious Pearl</b>	What Does Healthy Mean?		With these resources, pupils are encouraged to come up with their own ideas of what healthy means to them. Connecting these ideas to their everyday lives creates a meaningful link.
<b>Easy Peasy Squeezy</b>	Easy Peasy Squeezy Additional Resource		Pupils will discuss different techniques and practice breathing exercises to help manage feelings when upset or overwhelmed.
<b>Senior (5<sup>th</sup> and 6<sup>th</sup> class)</b>			
<b>Activity - Senior</b>	<b>Irish Heart Foundation Resources</b>	<b>External Resources</b>	<b>Overview</b>
<b>Opposites Game</b>	Opposites Game Additional Resources		Discussing vocabulary in relation to antonyms and synonyms. Pupils will also explore how we communicate non verbally and how this is understood by other people.
<b>Catch 100</b>	Record Sheet (10 x10)		Pupils will throw and catch 10 times in 10 different ways.
	Template for results		A record sheet to record the sequence of throws and catches.
<b>Line as you Like</b>	Printable Signs		Signs that can be used as part of the <i>Line as you Like</i> activity and also for alternative set ups.
		Safefood	<b>Safefood MediaWise:</b> lesson plans and interactive activities for all class levels to develop awareness and understanding of the media. <a href="https://www.safefood.net/mediawise">https://www.safefood.net/mediawise</a>
		Walk Tall	<b>(5<sup>th</sup> Class)</b> Unit 5 – Making Decisions (p.188) <b>Lesson 1: Making Decisions</b> Becoming a good decision-maker in relation to significant decisions requires particular skills which are explored in these lessons. A key skill is identifying the short and long-term outcomes of our decisions. Discerning influences also affects our ability to make good decisions.
		Walk Tall	<b>(6<sup>th</sup> Class)</b> Unit 9 – Relating to Others (p.265) <b>Lesson 4: Influence and Persuasion</b> Examine the power of persuasion, how it can be used both positively and negatively, and suggest practical ways for dealing with pressures and influences.  Unit 11 – Media Education (p.325) <b>Lesson 4: Advertising</b>

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			Awareness of different forms of advertising will help pupils to become more discerning and critical in relation to advertising and the techniques used to promote lifestyles, products and ideas.
<b>Shuffle</b>		<i>Online card generator</i>	Card generator for display on whiteboard <a href="http://random-cards.com/1-shuffled-deck/">http://random-cards.com/1-shuffled-deck/</a>
	Pulse Experiment		Pupils will learn to find their pulse and measure their heart rate in beats per minute (BPM). Pupils can then use this skill to conduct an experiment to investigate the effect of different types of physical activity on heart rate.
<b>Mystery Mover</b>		Walk Tall	<b>(5th Class)</b> Unit Two: Taking Care of My Body (p.73) <b>Section A – Lesson 4: Influences and Choices</b> Understanding the way peer groups work helps pupils to make better decisions within these groups. Includes Role Play Situation cards. Note: This is all around smoking
<b>Water Cycle</b>		Green Schools Ireland	Lesson plan to teach pupils about where our water comes from: <a href="https://greenschoolsireland.org/wp-content/uploads/2016/09/Water-Cycle.pdf">greenschoolsireland.org/wp-content/uploads/2016/09/Water-Cycle.pdf</a> This booklet is designed to be an interactive resource that teachers and pupils can use to explore important issues relating to water: <a href="https://greenschoolsireland.org/wp-content/uploads/2016/09/9129_WATER_PRIMARY_F4_INTERACTIVE.pdf">greenschoolsireland.org/wp-content/uploads/2016/09/9129_WATER_PRIMARY_F4_INTERACTIVE.pdf</a>
<b>Balloon Breathing</b>	Balloon Breathing Additional Resource		Pupils will discuss different breathing techniques and practise breathing exercises to help manage feelings when upset or overwhelmed.
	What am I thankful for?		With this resource, pupils will explore the items, people and events in their lives that make them happy. Pupils will be encouraged to use this as a daily exercise to take a moment to appreciate the things that made them smile.
		Walk Tall	<b>(2nd Class)</b> Unit 2 – My Amazing Body (p.41) <b>Lesson 2 – My Heart and My Lungs</b> Awareness of how the body works and the functions of organs helps pupils to make healthy choices in relation to looking after themselves. Recommends the following website for visuals; <a href="https://www.smm.org/heart/heart/top.html">https://www.smm.org/heart/heart/top.html</a>
		SFI Discover Primary Science	<b>(5th and 6th Class)</b> Lesson to build a model to show lungs expanding and contracting. <a href="https://www.sfi.ie/site-filesimary-science/media/pdfs/col/lungs_activity.pdf">https://www.sfi.ie/site-filesimary-science/media/pdfs/col/lungs_activity.pdf</a>

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			Also available in Irish <a href="https://www.sfi.ie/site-files/primary-science/media/pdfs/irish/col/ScamhogaAgFairsingiuAgusAgCrapadh.pdf">https://www.sfi.ie/site-files/primary-science/media/pdfs/irish/col/ScamhogaAgFairsingiuAgusAgCrapadh.pdf</a>
<b>Butterfly Body Scan</b>			All Ireland Pollinator Plan Junior version <a href="https://pollinators.ie/wordpress/wp-content/uploads/2018/04/Junior-Pollinator-Plan-2018-WEB-1.pdf">https://pollinators.ie/wordpress/wp-content/uploads/2018/04/Junior-Pollinator-Plan-2018-WEB-1.pdf</a>