

Bizzy's Video Challenge

Teacher Overview - Week 1

Infants – 2nd class

Day	Activity	Brief description	Cross – Curricular link (optional)
Monday	Funky Fruit	Spin a fruit-themed movement wheel and do the movement it lands on	English: Phonics: Funky fruit powerpoint (Or choose from a selection of lesson content for fruit, vegetables and food groups on our Healthy Eating page)
Tuesday	Dance Dice	There are different movements for each number on the dice	Maths: Take turns rolling the dice, number recognition on dice and try our movement dice activity
Wednesday	Looseners	A variety of gentle movements for mobilising and warming up the body (all can be done from the classroom chair)	Science: (Myself) identify different body parts using vocabulary and images and why stretching is important.
Thursday	Huffers	A range of higher intensity movements for a more active break	Science: (Heart & pulse) Pupils carry out a pulse experiment measuring their pulse before and after different activities.
Friday	Pupil Voice, Pupil Choice	An opportunity for children to vote to re-do their favourite activity of the week, or try something new!	English: (Speaking and listening) Children explain their choice and why they liked that activity

Teacher Overview - Week 2

Day	Activity	Brief description	Cross - Curricular link (optional)
Monday	Animal Moves	Each time the music stops, the children imitate that animal movement	English: Descriptive writing - Pupils describe the movements in a fun sentence
Tuesday	Pencil Jumps	An activity where children move over their pencil in different ways	Maths: Count jumps, skip count or solve simple problems
Wednesday	Stretchers	A range of stretching movements that can be done from the classroom chair	SPHE: (well-being) link stretching to the benefits of mindful movements
Thursday	Active Outdoors	Children move in different ways based on different outdoor activities	Geography: Talk about the different outdoor environments or use simple maps
Friday	Pupil Voice & Choice	An opportunity for children to vote to re-do their favourite activity of the week	English: (Speaking and listening) Children explain their choice and why they liked that activity