

## Teacher Overview - Week 1

| Day       | Activity                             | Brief description   | Cross - Curricular link (optional)   |
|-----------|--------------------------------------|---|--|
| Monday    | <b>Funky Fruit</b>                   | Spin a fruit-themed movement wheel and do the movement it lands on  | <b>Art &amp; creativity:</b> Pupils design colourful fruit paintings or create a 'funky fruit dance'   |
| Tuesday   | <b>Dance Dice</b>                    | There are different movements for each number on the dice   | <b>Maths:</b> Play a dice game activity (e.g. 'Pig')   |
| Wednesday | <b>Looseners</b>                     | A variety of gentle movements for mobilising and warming up the body (all can be done from the classroom chair) | <b>Science:</b> Discuss muscles and joints and different <b>parts of the body</b> and why stretching is important.<br><b>English:</b> Spell out weekly spellings with their fingers in the air |
| Thursday  | <b>Huffers</b>                       | A range of higher intensity movements for a more active break   | <b>Science:</b> (Human Life) Heart & Pulse: Pupils carry out a <b>pulse experiment</b> measuring their pulse before and after different activities.  |
| Friday    | <b>Pupil Voice,<br/>Pupil Choice</b> | An opportunity for children to vote to re-do their favourite activity of the week, or try something new!        | <b>English:</b> (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    | <b>Opposites Game</b>            | Children partner up and follow the movements on screen - each will do the opposite to each other, then switch | <b>English:</b> Opposite adjective lesson - create a list of adjectives, children come up with the opposite |
| Tuesday   | <b>Pencil Jumps</b>              | An activity where children move over their pencil in different ways   | <b>Maths:</b> Count jumps, skip count or solve maths problems   |
| Wednesday | <b>Stretchers</b>                | A range of stretching movements that can be done from the classroom chair                                     | <b>SPHE:</b> (Wellbeing) Link stretching to the benefits of <a href="#">mindful movements</a>               |
| Thursday  | <b>Active Alphabet</b>           | Each letter of the alphabet has a different movement to act out   | <b>English:</b> Descriptive writing lesson on each image of the alphabet                                    |
| Friday    | <b>Pupil Voice, Pupil Choice</b> | An opportunity for children to vote to re-do their favourite activity of the week                             | <b>English:</b> (Speaking and listening) children explain their choice and why they liked that activity     |