

Bizzy Breaks

for Bizzy Bodies and Bizzy Minds

[Bizzy Breaks main page](http://irishheart.ie/bizzypreaks)

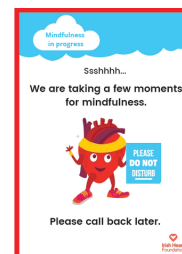
irishheart.ie/bizzypreaks



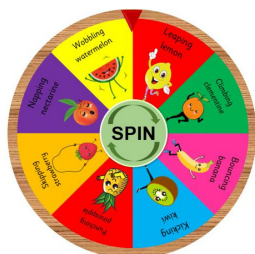
[Bizzy Breaks booklet](#)



[The poster](#) [Poster](#)



[Mindfulness](#)



[Interactive movement breaks](#)



[Classroom resources \(Learning across the curriculum\)](#)



[Sosanna Spleodracha](#)
[Bizzy as Gaeilge](#)

Action for Life

Physical literacy through PE and SPHE

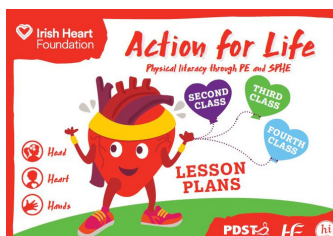
[Action For Life main page](http://irishheart.ie/actionforlife)

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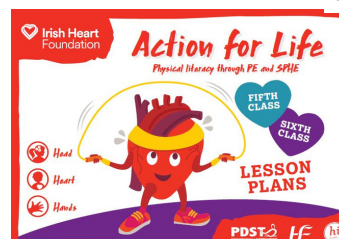
Infants and 1st class

[Junior lesson plans](#)



2nd, 3rd and 4th class

[Middle lesson plans](#)



5th and 6th class

[Senior lesson plans](#)



[Links with Move Well Move Often](#)



[PE Agreement](#)

 [Spotify Music playlist](#)

 [Video playlist](#)



Bizzy Breaks

for Bizzy Bodies and Bizzy Minds

Short movement and mindfulness breaks for the classroom.

- 5-10 minute activities.
- Ideal to use as energisers, brain breaks or transitions.
- All activities linked to the curriculum including exploring food choice.
- Suitable for use in the classroom or outdoors.
- Adaptable for all pupils.
- All available FREE online – print or use digitally.
- Includes interactive resources for your whiteboard.
- Also available in Irish (Sosanna Spleodracha).



Action for Life

Physical literacy through PE and SPHE

Lots of
ideas for PE!



- **Easy to use:** Colourful lesson plans include everything you need, with SPHE links, activities and modifications, top tips to guide you throughout and printable resources to support lessons. Action For Life complements the PDST's Move Well Move Often resource and links are highlighted throughout.
- **Designed for ALL pupils:** Creates participation pathways for all pupils to be active. Every lesson includes modifications and differentiation to ensure inclusion, making it easier to deliver for teachers. Pupils will be challenged at their own pace, increasing confidence and enjoyment in PE.
- **Pupil voice:** Lessons are underpinned by your class's unique PE Agreement, putting your pupils at the heart of their PE class. Top Tips and assessment tools support you to help pupils understand, communicate and reflect on their personal physical activity journey, while also helping you with your reporting.
- **Movement and beyond:** Uses a unique Head, Heart and Hands approach to emphasise different aspects of learning, highlighting the development of physical literacy in PE and SPHE.