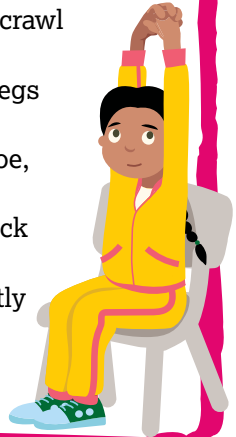


Active Outdoors

Pupils sit on their chairs. Teacher plays music and leads pupils in performing the following actions.

- **Hiking:** Swing arms and reach left and right while tapping toes and lifting knees.
- **Swimming:** Move arms like doing the front or back crawl and kick legs in a flutter kick.
- **Cycling:** Hold on to the seat of the chair and pedal legs while seated as if riding a bike.
- **Paddling:** Use an imaginary paddle to paddle a canoe, alternating paddling on left and right sides.
- **Rowing:** Reach both arms forward and pull arms back to chest level.
- **Horse riding:** Pretend to hold reins and bounce gently up and down on chair.
- **Fishing:** Pretend to hold a fishing rod, bring back behind shoulder and cast the line.



TOP TIP

Encourage pupils to come up with their own ideas to represent activities performed outside.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **being active outside**. You might like to try the below activities.

Geography/ Science

Strand: Environmental awareness and care
Strand Unit: Environmental awareness

- Discussing features of the natural environment that help us to do different enjoyable activities outdoors.
- Brainstorming ways that the natural environment can be damaged by humans; what can people do to protect and conserve the environment?

SPHE

Strand: Myself and the wider world
Strand Unit: Developing citizenship

- Sorting pictures of waste items into correct type of bin (compost, recycling and landfill).
- Creating posters for the school to raise awareness of environmental issues and steps pupils can take to protect the planet.