

Junior (Junior infants, Senior infants and 1 st class)			
Activity – Junior	Irish Heart Foundation Resources	External Resource	Overview
Funky Fruit	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 Game (Interactive Powerpoint)		This activity contains a wide range of fruit and vegetables for classification and sorting.
	Fruit Salad Sequence Interactive Powerpoint Or Worksheet		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.
Pencil Jumps	Where is Bizzy? Interactive Powerpoint and Worksheet		In this lesson, pupils will use a preposition worksheet and presentation to describe Bizzy's location.
Alphabet Actions		Walk Tall	(Junior Infants); Unit One - Myself and My World (p.19) Lesson 1: What a Lovely Bunch! - Learning the story of their names helps pupils to value themselves and their uniqueness. Lesson 2: This is Me! - It is important to help the pupils become aware of themselves as unique and worthy individuals. Lesson 3: There is No One Quite Like Me - 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.

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		Walk Tall	(Senior Infants); Unit One - Self-identity (p.18) This unit focuses on names, individual physical attributes, various skills and talents.
		Walk Tall	(1st Class); Unit One - Self-identity (p.18) Lesson 1: My Name - Understanding the stories and traditions behind a pupil's name can contribute to a developing sense of identity and self-esteem.
Rain Shower	Clothes for all Seasons Interactive Powerpoint or Worksheet		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.
	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 https://pdst.ie/sites/default/files/Exploring%20sound%20body%20percussion.pdf
Tasty Tunnel	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 Powerpoint and Worksheet		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 Powerpoint and Worksheet	Bord Bia Seedlings	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. Further resources are available through the Bord Bia Seedlings programme. https://www.bordbia.ie/primary-school/seedlings-programme/
Floating Fabric		Walk Tall	(1st Class); Unit 5 Myself and others (p.107) Lesson 2 - I Belong With My Class Discuss personal friends and why pupils enjoy being with them. Identify, explore and discuss qualities and skills associated with friendship.
		Marine Institute / SFI	Marine Institute (1st/2nd class): Lesson plan for investigating sinking/floating with a variety of different objects https://oar.marine.ie/handle/10793/938

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		Discover Primary Science	SFI Discover Primary Science: Experiment/investigation to design and make a boat using plasticine http://www.sfi.ie/site-files/primary-science/media/pdfs/col/design_a_boat.pdf Also available in Irish https://www.sfi.ie/site-files/primary-science/media/pdfs/irish/col/bad_a_dhearadh.pdf
Finger Surf		Walk Tall	(Junior Infants) 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	(Senior infants) Unit 5 – Feelings (p.104) This unit explores the theme of feelings and the development of language to express these feelings appropriately.
		Walk Tall	(1st Class) 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.
Teddy Tap	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.
Middle (2nd, 3rd, 4th class)			
Activity - Middle	Irish Heart Foundation Resources	External Resources	Overview
Arm Dance	Muscles Card		An overview of different muscles and their location in the body.
		Walk Tall	(2nd Class); Unit 2 - Looking After Our Bodies (p.37) Lesson 1: Our Amazing Bodies - Write or draw some things you can do using your five senses.
Dance Dice		<i>Online dice generator</i>	Dice generator for display on whiteboard https://www.online-stopwatch.com/chance-games/roll-a-dice/full-screen/
		Maths Week Ireland	PIG (dice game) for 2-6 players. Instructions and online version developed for Maths Week https://www.mathsweek.ie/2019/pig-dice-game/

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Clapping Games	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.
Active Outdoors		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. https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/active-playgrounds.pdf Also available in Irish https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/active-playgrounds-irish.pdf
		Heritage in Schools	Heritage in Schools: Teachers' Resources 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. http://www.heritageinschools.ie/teachers-resources
		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. https://greenschoolsireland.org/resources/
		Repak	Team Green for Schools - lesson plans, fact sheets, posters and activities for all levels which are also available in Irish. https://repak.ie/team-green/for-schools/
Hand Jive		Walk Tall	(4th class); Unit 5 – My Friends and Other People (p. 82) Lesson 1: Having Friends – List and discuss qualities associated with friendship.
		Marine Institute	(3 rd /4 th class): Lesson plan and worksheets exploring symmetry and the sea. https://oar.marine.ie/handle/10793/760
Step Sequence	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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Precious Pearl	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.
Easy Peasy Squeezy	Easy Peasy Squeezy Additional Resource		Pupils will discuss different techniques and practice breathing exercises to help manage feelings when upset or overwhelmed.
Senior (5th and 6th class)			
Activity - Senior	Irish Heart Foundation Resources	External Resources	Overview
Opposites Game	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.
Catch 100	Catch 100 Record Sheet		Pupils will throw and catch 10 times in 10 different ways. A record sheet to record the sequence of throws and catches. Use this pack to record the data of how many were caught or dropped, then plot it on a bar chart and answer questions.
Line as you Like	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	Safefood MediaWise: lesson plans and interactive activities for all class levels to develop awareness and understanding of the media. https://www.safefood.net/mediawise
		Walk Tall	(5th Class) Unit 5 – Making Decisions (p.188) Lesson 1: Making Decisions 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	(6th Class) Unit 9 – Relating to Others (p.265) Lesson 4: Influence and Persuasion 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)

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			<p>Lesson 4: Advertising</p> <p>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.</p>
Shuffle		<i>Online card generator</i>	Card generator for display on whiteboard http://random-cards.com/1-shuffled-deck/
	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.
Mystery Mover		Walk Tall	<p>(5th Class) Unit Two: Taking Care of My Body (p.73)</p> <p>Section A – Lesson 4: Influences and Choices</p> <p>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</p>
Water Cycle		Green Schools Ireland	<p>Lesson plan to teach pupils about where our water comes from:</p> <p>greenschoolsireland.org/wp-content/uploads/2016/09/Water-Cycle.pdf</p> <p>This booklet is designed to be an interactive resource that teachers and pupils can use to explore important issues relating to water: greenschoolsireland.org/wp-content/uploads/2016/09/9129_WATER_PRIMARY_F4_INTERACTIVE.pdf</p>
Balloon Breathing	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	<p>(2nd Class) Unit 2 – My Amazing Body (p.41)</p> <p>Lesson 2 – My Heart and My Lungs</p> <p>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;</p> <p>https://www.smm.org/heart/heart/top.html</p>

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		SFI Discover Primary Science	(5th and 6th Class) Lesson to build a model to show lungs expanding and contracting. https://www.sfi.ie/site-files/primary-science/media/pdfs/col/lungs_activity.pdf Also available in Irish https://www.sfi.ie/site-files/primary-science/media/pdfs/irish/col/ScamhogaAgFairsingiuAgusAgCrapadh.pdf
Butterfly Body Scan			All Ireland Pollinator Plan Junior version https://pollinators.ie/wordpress/wp-content/uploads/2018/04/Junior-Pollinator-Plan-2018-WEB-1.pdf