

Funky Fruit

Teacher puts on upbeat music.

Pupils stand behind their chairs with space to move.

Pupils march on the spot.

Teacher calls out and leads the actions below.



- **Active Apples:** Jumping jacks.
- **Kicking Kiwis:** Kick to low height.
- **Leaping Lemons:** Jump from one foot to the other.
- **Bouncing Bananas:** Bounce on the spot.
- **Skippping Strawberries:** Skip without a rope.
- **Climbing Clementines:** Alternate lifting opposite knees with opposite arms in a climbing action.
- **Wobbling Watermelons:** Wobble your whole body.
- **Running Rhubarb:** Run on the spot.
- **Punching Pineapples:** Punch at shoulder level, alternating arms.
- **Napping Nectarines:** Rest head on hands and pretend to sleep.



Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **fruit and vegetables for health**. You might like to try the below activities.

Maths

Strand: Early mathematical activities
Strand Unit: Classifying/Ordering

- Classifying and sorting fruit and vegetables.
- Sequencing pictures of instructions for how to prepare fruit salad.

SPHE

Strand: Myself
Strand Unit: Taking care of my body

- Exploring the importance of fruit and vegetables for a healthy happy heart.
- Discussing fruit and vegetable preferences.