

Try one of these fun activities every week to help your class eat well and move more! Then click to reveal fun facts, jokes and challenges. All the resources teachers need can be found in these links and are referenced in each activity.

- ★ Inspiration for the whole school: [NHS.uk/OHY/heads](https://www.nhs.uk/OHY/heads)
- ▲ Reception teacher toolkit: [NHS.uk/OHY/EYFStoolkit](https://www.nhs.uk/OHY/EYFStoolkit)
- Reception classroom activity sheets: [NHS.uk/OHY/EYFSactivity](https://www.nhs.uk/OHY/EYFSactivity)
- ✚ Reception take home resources: [NHS.uk/OHY/EYFSHome](https://www.nhs.uk/OHY/EYFSHome)
- Eatwell Guide: [NHS.uk/eatwellguide](https://www.nhs.uk/eatwellguide)
- 🎬 Be Food Smart film: [NHS.uk/BFS/film3](https://www.nhs.uk/BFS/film3)
- 📱 Food Scanner app: [NHS.uk/BFS/app](https://www.nhs.uk/BFS/app)

# Our Healthy Year Calendar

## Reception/KS1

change  
4 life



Weekly challenges to build healthier habits in your school.

**week 1** : How many steps?

Count how many steps you need to take to walk around the playground, classroom or hall. Try with big and small steps.

**Class challenge!**

Make up a funny dance and teach it to your friends.

▲ Teachers: Reception teacher toolkit page 12

**week 2** : Action rhymes

Create your own healthy rhyme or song with actions. Share it with the class!

**Class challenge!**

Quick! Think of three fruits or vegetables that are NOT shaped like a circle or oval.

★ Teachers: Inspiration for the whole school page 3

**week 3** : Active phonics

Your teacher will place phonics sounds around the playground. When your teacher shouts out a sound, walk, run, hop, skip or jump to that sound.

**What subjects do runners like best?**

Jog-raphy! (geography)

▲ Teachers: Reception teacher toolkit page 9

**week 4** : What does your nose know?

Can you use your nose to guess what different foods are without looking? Your teacher will put some foods into different pots, or you could try this in the dinner hall at lunchtime.

**Class challenge!**

Quick! Name one food that's sweet and one that's salty.

▲ Teachers: Reception teacher toolkit page 16

**week 5** : Take home teddy

Your teacher will send a class teddy home with someone new each day. When you have teddy, draw a picture of him eating something healthy or doing a healthy activity.

**This is a fruit that you might eat at lunch. It's small and it's round and it comes in a bunch.**

Grapes

▲ Teachers: Reception teacher toolkit page 6

**week 6** : Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. Use it to plan a healthy meal with your class.

**What is the strongest vegetable?**

A muscle sprout!

■ Teachers: Eatwell Guide

**week 7** : Rainbow plate

How many different colours can you see in your packed or school lunch? Can you name the different fruit and veg on your plate?

**What did the leopard say after lunch?**

That hit the spot!

★ Teachers: Inspiration for the whole school page 4

**week 8** : Motion maths

Dance on the spot to music. When the music stops, balance on one leg or crouch down on one leg. How long can you hold your balance?

**Class challenge!**

Who can balance on one foot for the longest?

▲ Teachers: Reception teacher toolkit page 13

**week 9** : Favourite snacks

Tell the class about your favourite snacks. Can you choose or eat a different healthier snack for each day of the week?

**Class challenge!**

Quick! Name one food that's spicy and one that's sour.

★ Teachers: Inspiration for the whole school page 1

**week 10** : What's on the menu?

Look at the lunch menu for the day. Tell your class what you like to eat and what you'll choose. Is there something new you could try?

**Class challenge!**

Name a fruit or vegetable to match every colour of the rainbow.

★ Teachers: Inspiration for the whole school page 4

**week 11** : Energisers

Each day, one person in the class thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work.

**Jack won the race, but didn't run a single step. How is that possible?**

It was a swimming race!

★ Teachers: Inspiration for the whole school page 2

**week 12** : Healthy breakfasts

Watch the Be Food Smart film on the School Zone. Can you remember the examples of healthier breakfast foods?

**Why don't eggs tell jokes?**

They'd crack each other up!

● Teachers: Be Food Smart film

**week 13** : Bar charts and pie charts

Make a bar chart showing how much fruit and veg your class ate at lunchtime or the most popular type of physical activity.

**Class challenge!**

Quick! Think of three fruits or vegetables that are bigger than an apple.

▲ Teachers: Reception teacher toolkit page 11

**week 14** : We love fruit and veg!

Find out which fruit and veg are being served every day at lunchtime, and keep a whole-class fruit and veg diary.

**Why did the banana go to the doctor?**

Because it wasn't peeling well!

▲ Teachers: Reception teacher toolkit page 9

**week 15** : High fives

In pairs, one person does an exercise five times. They then high five their partner who does it five times. Repeat with different actions.

**What can you serve but never eat?**

A tennis ball!

★ Teachers: Inspiration for the whole school page 3

**week 16** : Playing shops

Set up a healthy food 'shop' in the classroom and use scales and bags of vegetables to practise weighing and measuring.

**Class challenge!**

Top veg! Take a class vote to find out what the most popular vegetable is.

▲ Teachers: Reception teacher toolkit page 11

**week 17** : Drink smarter

Use the Food Scanner app to scan some popular drinks (provided by your teacher). Can you count how many sugar cubes are in each one?

**Unscramble the letters to find the name of a healthy drink choice**

K M I L

MILK

▲ Teachers: Food Scanner app

**week 18** : Fruit and veg bingo

Use the fruit and veg bingo cards (provided by your teacher) to practise the names of different fruit and veg.

**Class challenge!**

Quick! Name three fruits or vegetables that are red.

● Teachers: Reception classroom activity sheets

**week 19** : Obstacle course

Design and build your own obstacle course with your class. Try it in different ways like walking or crawling.

**What is harder to catch the faster you run?**

Your breath!

▲ Teachers: Reception teacher toolkit page 15

**week 20** : Tea party time!

Plan a healthy tea party. Make invitations for guests and tell them what the healthy menu will be. You could even bring a favourite toy to the party!

**I am orange and long, and I come in a bunch. I can be in a cake, or eaten at lunch. What am I?**

A carrot

▲ Teachers: Reception teacher toolkit page 9

**week 21** : Scoot to school day

Set up a class scoot to school day (or cycle, or walk). Can you encourage other classes to join in?

**Class challenge!**

Quick! Think of three sports you can play outdoors.

★ Teachers: Inspiration for the whole school page 1

**week 22** : Wall painting

Place a roll of wallpaper along a wall. Cover every bit of it with numbers, drawings or writing - you'll need to stretch and bend to cover it all!

**Why are gymnasts the most generous sportspeople?**

Because they always bend over backwards for others.

▲ Teachers: Reception teacher toolkit page 15

**week 23** : Number jumps

Do activities like jumping, star jumps, hopping and touching your toes in sets of two, five and ten.

**Can a kangaroo jump higher than the Eiffel Tower?**

Of course! The Eiffel Tower can't jump!

▲ Teachers: Reception teacher toolkit page 12

**week 24** : Action sports

With a partner or in a team, can you act out different sports so another team can guess what they are?

**Class challenge!**

Quick! Think of three sports you can play indoors.

▲ Teachers: Reception teacher toolkit page 13

**week 25** : What's in your food?

Use the Food Scanner app to find out how much sugar is in some breakfast foods (provided by your teacher). Can you suggest healthier choices for foods that have lots of sugar?

**Did you know?**

Apples contain air, which makes them less dense than water. That's why they can float!

▲ Teachers: Food Scanner app

**week 26** : Breathe deeply

Breathe in through your nose and out through your mouth. Try to focus on your breath for a few minutes and let go of any other thoughts.

**Class challenge!**

Close your eyes and imagine a place where you feel totally calm and happy. What is the place? Who or what is there?

✚ Teachers: Reception take home resources challenge sheet page 10

**week 27** : Shake and wake

To start your day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and then everyone joins in!

**Why couldn't the bicycle stand up on its own?**

It was 'two tyre-dl'

★ Teachers: Inspiration for the whole school page 2

**week 28** : Where does our food come from?

Look at the labels on the packaging of several food types. Whereabouts in the world are they from? You can make a display using pins, labels or drawings on a world map.

**Class challenge!**

Quick! Name one food that comes from a plant and one that comes from an animal.

▲ Teachers: Reception teacher toolkit page 16

**week 29** : What's on your shopping list?

Draw a shopping list of healthy foods you would like to buy.

**What did the berry say when he had a problem?**

Help! I'm in a jam!

● Teachers: Reception classroom activity sheets shopping list template

**week 30** : Eating out

What are your favourite healthy foods? Write or draw your own menu for a healthy café that serves your favourites.

**What do you call a monkey with a banana in each ear?**

Anything you want, it can't hear you!

▲ Teachers: Reception teacher toolkit page 8

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