

Our Healthy Year

Inspiration for the whole school

Building activity into the school day

School activities can be designed to build eating well and moving more into existing everyday routines. It is important to reduce sedentary behaviour so we have created some activities you can build into the school day. Choose the ones that will work best for your school.

Year 6 pupils could be engaged in the programme as Our Healthy Year Champions to organise activities and support and encourage Reception children.

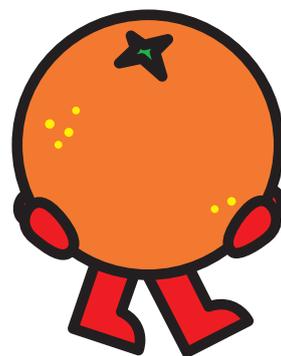


Before school

- **Bike or scoot to school**
Have a bike or scoot to school day.
- **Lap it up!**
Encourage children to do laps of the playground before the bell or whistle goes.
- **Morning movement**
Provide access to sports equipment in the playground, e.g. balls and skipping ropes, to use before the bell or whistle goes. You could have an 'activity zone' and get parents involved. Why not do a different activity each day?

Breaktime

- **Snack attack charades**
Children try to act out or pretend to be their favourite healthy snack, fruit or vegetable without talking, for others to guess.
- **Favourite snacks**
Pupils can talk about and share their favourite snacks. See if they can choose or eat a different healthy snack for each day of the week.
- **Jump to it**
In small teams, children jump 10 times in the same way, then tag their teammate, who jumps 10 times in a different way. Keep going until the whole team has finished.



change
4 life
Eat well Move more Live longer



Lining up

- **Look lively!**
Ask children to move and jig in the line (you could use music) until they hear a signal to stop and stand still, ready to walk in calmly.

Active assemblies

- **Action rhymes**
In tutor groups, children create their own healthy rhymes or songs with actions. They can showcase them in assemblies on rotation.
- **Stand up and sing**
Step, sway, clap and click to assembly songs and hymns or Makaton sign and sing.
- **Themed assemblies**
Each month invite Year 6 to present some of their work on healthy topics to the rest of the school.



Ready to work

- **Shake and wake**
Get children to do 10 minutes of exercise to start the day or after a period of sitting down. Choose a theme like sport, dance or animal moves. Call out the action and all join in.
- **Energisers**
Each day, nominate a different child or a pair to think of an energiser activity/routine that everyone must follow for five minutes before settling down to work.
- **Moving breaks**
Give children a 'moving break' from classroom activities by doing some quick physical activity bursts such as jumps or burpees, jogging on the spot or squats.
- **10 Minute Shake Ups**
Inspire the children to move using the Change4Life with Disney 10 Minute Shake Ups: Search [Change4Life/schools/beingactive](https://www.change4life.co.uk/schools/beingactive).

You could even hold a school competition, challenging pupils to create their own 10 Minute Shake Up, like Ricky Wilson did. Search [Change4Life/schools/beingactive](https://www.change4life.co.uk/schools/beingactive).

Carpet time

- **Get ready to listen: the three Ss – Stand, Sing and Sit**

Ask children to choose a new action song or rhyme each week to stand and sing before sitting down on the carpet.

- **Pass the beanbag**

Play some music and get children to pass around four different-coloured beanbags. When the music stops they must complete the exercises for each colour they are holding, e.g.

- **RED** = bounce on the spot with the beanbag between knees
- **BLUE** = jog on the spot holding beanbag up high
- **YELLOW** = start sitting and jump up holding beanbag high
- **GREEN** = squats holding the beanbag out in front.

- **Stretch and flex**

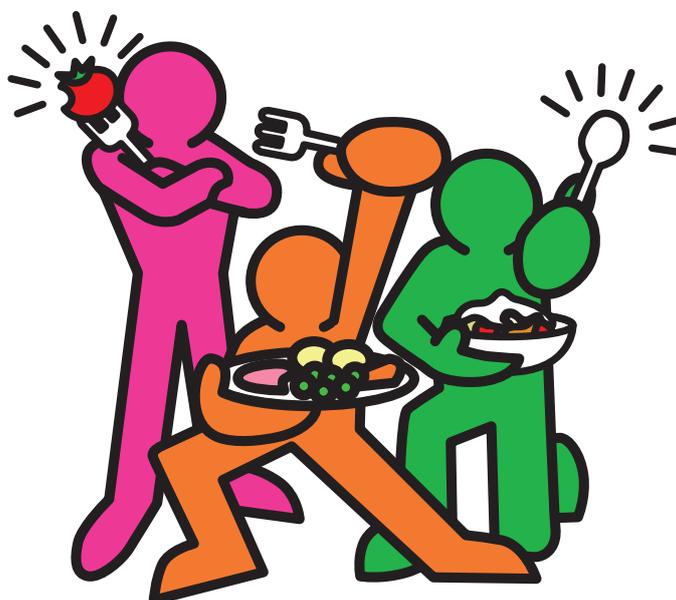
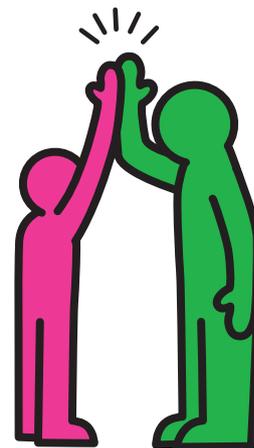
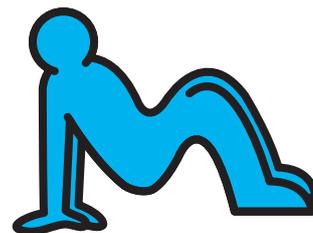
While sitting down in a circle, ask children to perform different relaxation stretches such as: touch their toes and stretch, stand tall and stretch, lean to the side with your arm over your head etc. Children can also come up with their own stretches.

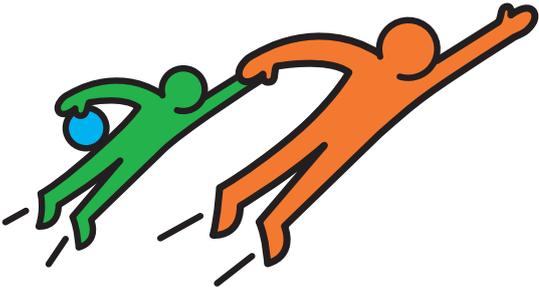
- **High fives**

Call out an exercise to complete. In pairs, children must perform it five times. They then high five their partner who performs it five times before both sitting down when they have finished. Keep calling out different activities to perform.

- **Fruit bowl**

Sitting in a circle, each child is given a name of a fruit. When their fruit is called they must get up and change seats with someone else.





Warm up to writing

- **Busy fingers**

Encourage children to do exercises for the fingers and hands to get them moving such as: playing the piano, rain falling, touching your thumb with each finger in turn, squeezing hands together very tight, stretching them out, rolling a ball in the hands and up the arm.

- **Mighty writers**

Before children start writing they must stand in a superman pose on one leg for 30 seconds and then switch legs. This will help them to feel powerful, balanced and focused.

- **Foodie frenzy**

Write the name of any healthy food item on the board. In pairs or small groups children must come up with a different food item which starts with the last letter of the previous word, e.g. apple, then egg, then grapes etc.

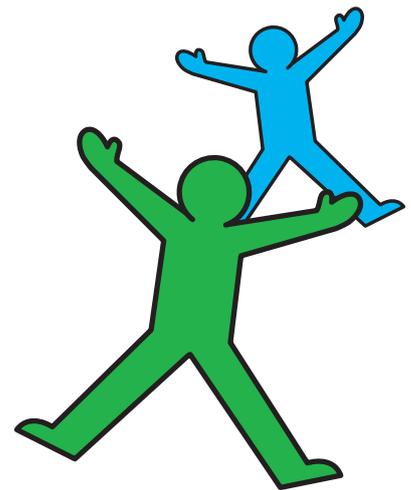
Tidy up time

- **The tidy up twist**

Ask children to move to a piece of music while tidying up and/or sing a tidy up song (search for tidy up songs on YouTube). If children have finished tidying away their area they must carry on moving on the spot in their place until everyone has tidied away.

- **Crazy eights**

Children count their steps whilst tidying away. On the eighth step they must perform eight star jumps on the spot. They start counting their steps again from zero after each eight is reached.



Lunchtime

- **What's on the menu?**

Look at the lunch menu for the day and ask children what they like (to help them plan what they are going to choose), what new things they could try etc.

- **Rainbow plate**

Ask children to see how many different colours they can identify in their packed or school lunch. Can they name the different vegetables or fruits on their plate?

- **High five**

Get pupils to count up to see if they have eaten five pieces of fruit or vegetables a day.

Playground games

- **Lunchtime helpers**
Ask Year 6 to take turns to help Mealtime Supervisors organise group playground games.
- **Playground march**
Get Year 6 helpers to march with pupils around the playground singing and clapping to marching songs.
- **Themed playtimes**
Ask the student council or a group of older pupils to act as Our Healthy Year Champions and organise themed play times in an area of the playground each week – circus skills, a dance zone, take to the stage for singing and acting, superheroes, or get out different sports equipment (such as hoops, ropes, stilts). The Our Healthy Year Champions can set up the equipment and help demonstrate.

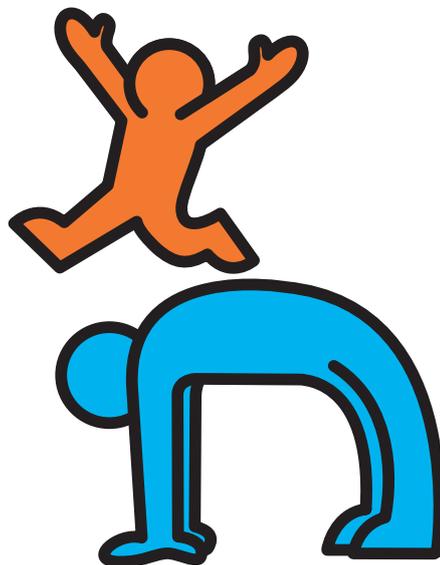


Afternoon break

- **Break and shake**
Organise 10 minutes of dancing or exercise in the middle of the afternoon, indoors or outdoors. Older pupils could take turns in supervising or organising younger children during a designated week, month or term, or even through the whole year.

You could use the Change4Life with Disney 10 Minute Shake Ups:
Search [Change4Life/schools/beingactive](https://www.change4life.co.uk/schools/beingactive).

- **Follow the leader**
Children take it in turns to perform a fitness exercise on the spot or around the playground and everyone must follow for 10 repetitions or steps. Children take it in turns to follow the leader.



Whole-school activities

Other ideas to increase activity and encourage healthy eating at school:

- Start a cooking club: www.childrensfoodtrust.org.uk
- Plant seeds at school or even start a gardening club.
- Hold a 'meet the school nurse' session.
- Link to Walk to School Week (May) and take the class on a local walk and count their steps.
- Host dance demonstrations such as Indian dancing, ballet and Irish dancing in assembly. Have a dance festival, a school disco, a family barn dance, or ask a parent to teach a dance. Try clubbercise dancing/exercising to music in the dark with glow sticks!
- Have a staff vs pupils match and see if children can beat the teacher.
- Ask parents to come and demonstrate or join in at sports day and have a parent race. Link to Bike/Scoot to School Week and National School Sport Week (June).
- Invite parents to teach a game to a group, come to a class picnic or go on a trip to the park.
- Offer Zumba for parents, a parent and child exercise class or a 10-minute exercise class at drop off.
- Mark your success by having a celebration of Our Healthy Year. You could cook or make some special healthy food and have a dance or gymnastics show. Hold a celebration parents' assembly, or link to your summer fair or sports day.
- Share information about this project with school governors.

