

Health Week & Sports Day

In Association with D&G Active Schools & Active Communities



Healthy Schools
June 1st – 5th 2020

Wallace Hall Cluster Sports Day & Health Week 2020

- At this time more than ever we all need to remember the importance of staying healthy; physically, mentally, socially and emotionally. In conjunction with the Active Schools and Communities regional sports day we have put together a week of activities that you can do at home.
- You can choose any of the activities in the grids below and do them at a time that suits you on any day of the week. If you want your photos to be included in the school montage then don't forget to email them into the school office. You can also send photos to Class Dojo to be shared on your class story.
- For the sports day follow the instructions on the poster in this pack and check out the Nithsdale Active Schools and Community Sport Facebook page for some fun ideas. Like the grids you can do this anytime during the week that suits your schedule. You can also send up to 5 photos to them (details on the poster).

#Support DG

Sports Week

#Support DG

Dumfries & Galloway

Dumfries & Galloway

D&G Active schools
SPORTS WEEK
 1st - 5th June
 fun for the whole family

Videos and more information will be released over the next few weeks via facebook and schools with the activity ideas or come up with your own

sports day from home/ garden or any space available

wear your school tshirt and make a poster or banner and send us your pictures (up to 5) photos sent by 8th June

photo montage of all participants will be shared so let's see as many taking part across D&G

check your local facebook pages or send picture messages to 0792 1038683

sportsScotland
activeschools
 DUMFRIES & GALLOWAY

ACTIVE
 Communities
Feeling Better For It!

Make some medals for the winners in your house

Create your own events e.g. obstacle, 3-legged or sack race



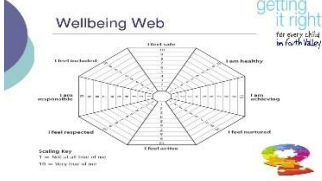

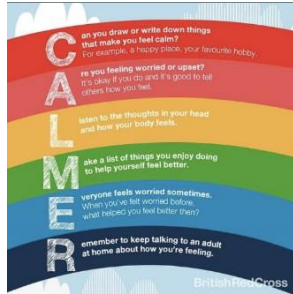
Create your own opening ceremony

Egg and spoon, skipping, tugs of war, coach and horses, wheel barrow or bean bag race.

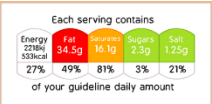






Make a banner to support to your school

Send us your pictures and videos!








Social and Emotional

<p>Cloud Watching Lie on your back in the garden and relax, look up at the clouds, watch them moving, what shapes do they make?</p>	<p>Kitchen Towel Mindfulness/Mandala Colouring Print off some mindfulness or mandala colouring activities from online or try this - use a piece of kitchen roll and colour in the dots and patterns on it.</p> 	<p>Family Hand Print Art Make a family hand print picture to remind you of the time you spent together during this lockdown.</p> 	<p>Wellbeing Web Print off a wellbeing web and complete it. Think about how you are feeling. Have your feelings changed since you were at school? Share your web with a grown up if you want to.</p> 	<p>Worry Jar/Box Create a worry jar or box from recyclable materials. Decorate it with all your favourite things. If you are feeling worried or sad about something write it on a piece of paper and put it inside. Share these with a grown up so that they can help you.</p>
<p>Family Tree Make a family tree. Why not put each person's name in a fruit eg; draw a tree and write people's names in an apple.</p>	<p>Family Movie Night Get your household together, choose a movie gather some snacks and all sit together and relax.</p>	<p>Good Deed/Kindness Every time you do a good deed or an act of kindness write it on a leaf, rainbow or piece of paper. At the end of health week make a display of all your acts of kindness. It can be just making your bed or setting the table.</p>	<p>Pamper Party Have a pamper day/night, make a face mask, paint your nails, have a relaxing bubble bath. Or why not do it for someone else at home.</p>	<p>How Not To Go To School Read the story How Not To Go To School. It might help you understand the lockdown and why we can't go to school just now. www.parslemimblewood.worldpress.com</p>
<p>Cosmic Yoga Try one of the Cosmic Kids Yoga workouts online.</p> 	<p>Make a collage, picture or poster There has been a lot of kindness lately. Can you make a picture to show what kindness means to you?</p>	<p>Scrap Book If you have taken any pictures of the things you have been doing during lockdown why not make a scrap book to remember these times.</p>	<p>Smile Do something every day that makes you smile.</p>	<p>Draw a picture, design a poster or write a poem, about ways you have been looking after yourself during lockdown.</p>
<p>Cross the Garden Gather 4 pieces of paper/magazine/newspaper. You and your family have to work as a team to get across your room or garden by only standing on the paper. Nobody is allowed to stand on the floor. As an extra challenge try doing it attached to the others. Use hair bands around your wrists to join everyone in a line.</p>	<p>Write a letter or email to a friend or family member These are strange times we are living in and you haven't seen your friends or some of your family for a long time. Why not write them a letter telling them what you have been doing to help brighten their day.</p>	<p>Happy List Think of all the things that make you happy. Write them on a piece of paper and make a display.</p>	<p>Think About The Things On The Calmer Rainbow</p> 	<p>Design A face Mask People are wearing face masks just now but most of them are boring and plain. Can you design a new fun face mask?</p> <p>Read - Coronavirus A Book For Children Read this book online, it might help you understand a bit more about coronavirus.</p>




Healthy Living

<p style="text-align: center;">Food Labels</p> <p>In the last few years, a new traffic light system for food labels has been brought in to help people make healthier choices.</p> <p>The more green sections there are, the healthier the choice.</p> <p>Green – healthy choice, can be eaten all the time. Amber – medium, can be eaten most of the time. Red – high, should only be eaten sometimes.</p>  <p>Each serving contains</p> <table border="1" style="font-size: small;"> <tr> <td>Energy 238kJ / 57kcal</td> <td>Fat 34.5g</td> <td>Saturated fat 16.1g</td> <td>Sugars 2.5g</td> <td>Salt 1.25g</td> </tr> <tr> <td>27%</td> <td>49%</td> <td>81%</td> <td>9%</td> <td>21%</td> </tr> </table> <p>of your guideline daily amount</p> <p>Have a look at the labels on the things in your cupboards and decide how healthy they are.</p>	Energy 238kJ / 57kcal	Fat 34.5g	Saturated fat 16.1g	Sugars 2.5g	Salt 1.25g	27%	49%	81%	9%	21%	<p style="text-align: center;">Healthy/Unhealthy Collage</p> <p>Look at old magazines and newspapers. Can you make a healthy food collage and an unhealthy food collage?</p> <p style="text-align: center;">Balanced Diet</p> <p>Keep a food diary for the 3 days of health week. At the end of it add all your food onto the Eatwell plate. Check how balanced your diet is. Are you eating enough of the correct food groups?</p> 	<p style="text-align: center;">Make A Healthy Pizza</p> <p>Make a pizza using a wrap. Spread tomato puree onto a wrap and add your favourite toppings. Grill until cheese melts then enjoy. No wraps then don't worry! Simply grill a piece of bread on one side then spread the tomato puree on the untoasted side and follow the steps above.</p> 	<p style="text-align: center;">Smoothies</p> <p>Try one of these:</p> <p>Banana Blast – banana, ice cream and milk.</p> <p>Fruitie Tootie – 1 banana, 6 strawberries, 1 ½ cups of orange or apple juice.</p> <p>Strawberry– 5 or 6 strawberries, 1 strawberry yoghurt, 1 cup of apple or orange juice.</p> <p>Banana & Blueberry– 2 bananas, 1 cup of blueberries, 1 cup blueberry yogurt, some ice.</p> <p>Put everything in a blender and enjoy!</p> 	<p style="text-align: center;">Lara's Pasta Salad</p> <p>¼ finely chopped onion ¼ finely chopped red pepper 6 slices of chopped cucumber ½ chopped tomato 1-2 tbsp mayonnaise, pesto or cold tomato pasta sauce. 185g tin of tuna, or cooked chicken/ham, sweetcorn, cheese (or a combination of these) 100g cooked pasta (any shape) or rice if you don't have pasta. Season with salt and pepper, herbs, chilli flakes or curry powder. Mix ingredients together in a bowl. Put it on a plate and garnish with lettuce or anything else you have. Keeps well (without lettuce) in the fridge until the next day. The ingredients are just an example of what you can use. Be free to experiment or be creative with what is in your store cupboard. Enjoy!</p>				
Energy 238kJ / 57kcal	Fat 34.5g	Saturated fat 16.1g	Sugars 2.5g	Salt 1.25g														
27%	49%	81%	9%	21%														
<p style="text-align: center;">Create your Own Smoothie</p> <p>Create your own smoothie and write out the ingredients and instructions.</p>	<p style="text-align: center;">Barriers To Healthy Eating</p> <p>Can you think of the reasons why people might not eat a balanced diet? What factors might contribute to it?</p>	<p style="text-align: center;">Desert Island Menu</p> <p>If you were stranded on a desert island what 5 foods would you take with you? Remember there will be no cooker!</p>	<p style="text-align: center;">Gruffalo Tusks</p> <p>Make your very own Gruffalo tusks using lots of different kinds of fruit.</p>  <p>Remember to add your fruit to your rainbow.</p>	<p style="text-align: center;">Food Quiz</p> <p>Where in the World would you associate these foods from?</p> <table border="0"> <tr> <td>Rice and peas</td> <td>Pasta</td> </tr> <tr> <td>Tea</td> <td>Coffee</td> </tr> <tr> <td>Enchiladas</td> <td>Leeks</td> </tr> <tr> <td>Sushi</td> <td>Naan Bread</td> </tr> <tr> <td>Haggis</td> <td>Soda Bread</td> </tr> <tr> <td>Snails</td> <td>Noodles</td> </tr> <tr> <td>Burger and Fries</td> <td></td> </tr> </table>	Rice and peas	Pasta	Tea	Coffee	Enchiladas	Leeks	Sushi	Naan Bread	Haggis	Soda Bread	Snails	Noodles	Burger and Fries	
Rice and peas	Pasta																	
Tea	Coffee																	
Enchiladas	Leeks																	
Sushi	Naan Bread																	
Haggis	Soda Bread																	
Snails	Noodles																	
Burger and Fries																		
<p style="text-align: center;">Try Something New</p> <p>Try a new food every day. Remember taste buds change so if you never used to like it you might now!</p>	<p style="text-align: center;">Banana Sushi</p> <p>Banana Sushi is a fun way to make a healthy snack. Simply peel a banana, add your favourite toppings and then cut into bite sized pieces!</p> 	<p style="text-align: center;">Tooth Brushing</p> <p>Can you time yourself brushing your teeth? 2minutes twice a day. Make a poster to put up in your bathroom to remind others.</p>	<p style="text-align: center;">Eat A Rainbow</p> <p>Download or make your own eat a rainbow everyday chart. Try to eat lots of different coloured fruit and vegetables.</p> 															
<p style="text-align: center;">Healthy Food Word Search or Board Game</p> <p>Create a healthy food word search or your own board game. Try it out on your family.</p>	<p style="text-align: center;">Creative Fruit Tasting</p> <p>How creative can you be with different kinds of fruit? Can you make funny faces with it?</p>	<p style="text-align: center;">Sleep</p> <p>Remember even although you are not having to go to school you should still be getting the right amount of sleep.</p> <p>3-6 yr olds 10-12 hours a night 7-12 yr olds 10-11 hours a night.</p>																

Physical Activities

<p style="text-align: center;">Mini HIIT Class</p> <p>This mini HIIT workout will get your heart pumping. Stretch to warm up, do one exercise for 30 secs then rest 30 secs then next exercise 30 secs etc.</p> <p>Star jumps; plank; jogging on spot; burpees; high knees; squats; step ups; press ups (full or box); heel flicks; sprinting on spot.</p> <p>Cool down. Try this or why not design your own for your family.</p>	<p style="text-align: center;">Long Jump</p> <p>Take off from one foot from a line on the floor (dressing gown belt, string or masking tape) and land on two feet. You can do this from standing or running.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Indoor/Outdoor Obstacle Course ideas:</p> <ul style="list-style-type: none"> -Lay down a ladder and have the kids step through each rung. -Allow only jumping/rolling/hopping/crawling/crab walking from one area of the course to another. -Put down a piece of wood as a Balance Beam. -Perform various exercises like 20 sit-ups or press-ups or star jumps. -Give each child 2 sheets of newspaper and allow each step to be taken only on a piece of newspaper. -Create a slalom - kids must run zig-zag between obstacles. -Jump over various objects. -Throw balls to knock down objects. -Use water pistols to hit targets. -Make children fill up a cup of water, run a distance to another container, pour the water in the container, and repeat until they fill up the container to a certain height. 	<p style="text-align: center;">Balloon Volley</p> <p>Use a balloon. How long can you keep the balloon in the air? Play on your own or play volleyball with a partner.</p> <p style="text-align: center;">Flap the Fish</p> <p>Make a fish or leaf from a piece of paper (tissue works best) then use a small bat or a plastic plate or similar to flap the fish (don't touch the fish). Try to make it move. See who can move it the furthest in 2 mins it is great for the arms!</p>	<p style="text-align: center;">Basketball</p> <p>Use balls or rolled up socks to throw into a basket, bucket, plant pot or something similar. Allocate points for certain shots eg; 5 points for a longer shot, 3 for close up, 4 for an angled shot. They can try to get a basket from a longer distance each day. They can record their daily scores as a challenge.</p> <div style="text-align: right;">  </div>
<p style="text-align: center;">P.E With Joe Wicks</p> <p>Continue your daily workouts with Joe.</p>	<p style="text-align: center;">Bowling</p> <div style="text-align: center;">  </div> <p>Set up a 5 or 10 pin bowling alley using old cans, empty bottles, teddies or plastic cups. Get kids to make numbers for the cans. Use a ball or rolled up socks to play normal bowling but if outside try kicking the objects down. This will help improve throwing and kicking. Children can record their scores for each game.</p>	<ul style="list-style-type: none"> -Use water pistols to hit targets. -Make children fill up a cup of water, run a distance to another container, pour the water in the container, and repeat until they fill up the container to a certain height. 	<p style="text-align: center;">Skipping</p> <p>Use a skipping rope and see how long you can skip for without stopping or count how many skips you can do in a certain time.</p>	<p style="text-align: center;">Shape Throw</p> <p>Make a target board using an old box. Cut out large shapes and allocate points to each shape. Hang it from a door or washing line. Children get points for throwing a ball or socks through each shape.</p> <div style="text-align: right;">  </div>
<p style="text-align: center;">Sticky Kids</p> <p>Why not try one of the Sticky Kids songs and dances from online.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Gymnastics</p> <p>Create your own gymnastics routine. Include travelling, a balance and a roll. Remember a start and finish position.</p> <div style="text-align: center;">  </div>	<p>For indoors you could add in:</p> <ul style="list-style-type: none"> - Crawl under tables - Put down pillows or couch cushions and jump from one to the next. 	<p style="text-align: center;">Daily Exercise</p> <p>If you can get out with your family for your daily exercise try changing between cycling, jogging, walking, scooting.</p>	<p style="text-align: center;">Circuit Training</p> <p>We have done lots of work on circuit training in school. Make your own circuit. Remember to include lots of different exercises to work on the 4 areas of fitness.</p>
<p style="text-align: center;">Hula</p> <p>If you have a hula hoop at home practise learning to hula or challenge yourself to see how long you can hula for.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Bocce Balls</p> <p>Played with 4-8 balls and a smaller, white "jack" ball (can be rolled up socks) the jack is thrown out on the lawn, and players take turns throwing their larger-sized balls towards the jack. The point is to get as close to the jack as possible, and even touching it.</p>	<p>Crawl through a tunnel of blankets or sheets (hang them over chairs, couches, etc)</p> <ul style="list-style-type: none"> - Run up and down the stairs -Toss 3 sock snowballs into laundry baskets/bin/box. You can also throw stuffed animals. <p style="color: red;">These are just some ideas. Why not create your own obstacle course.</p>	<p style="text-align: center;">Couch to 5k</p> <p>P5-7 why not try the couch to 5k with a grown up. This involves running and walking and is a great way to build up your fitness and running. Get a grown up to download the app on their phone for you.</p>	<p style="text-align: center;">Outdoor Games</p> <p>Play your favourite outdoor games. Use what you have at home; play tennis, practise throwing and catching; practise keepie uppies; practise shooting; practise cartwheels etc etc</p>
<p style="text-align: center;">Dice/Fortune Teller Challenges</p> <p>Use a dice or make a fortune teller. Do this with a partner or your family. Take it in turns to throw the dice. Whatever number it lands on the rest of the group have to do that many of the throwers chosen exercise eg; 6 star jumps.</p>			<p style="text-align: center;">Daily Mile</p> <p>If you can't get out for a walk why not try the daily mile at home in your garden or house. Try walking laps of your garden or downstairs.</p> <p>Challenge - can you work out how many laps you would need to do to make it a mile? A mile is 1609 metres.</p>	

Other Activities

<p>Livingroom Sleepover Have a camp out in your Livingroom. Make tents from blankets.</p>	<p>Make a Bed For Teddy Use an old box (cereal will do) to make and decorate a bed for your favourite teddy.</p>	<p>Make A body Diagram If you have any old wallpaper lying around get someone to help you draw around your body or draw the outline of a body on a piece of paper. Label the body parts, muscles and joints. Extra challenge do it in French too</p>	<p>Make A Rosette  Use a cupcake case to make a rosette for sports day.</p>	<p>Design A New Trainer or Football Boot Draw a new trainer or football boot for your favourite sports star. If you have an old trainer or gym shoe and a grown up says it is ok then you could paint and decorate it.</p>
<p>5 Minute Fun Have a go at some of the activities on 5 Minutes of Fun online.</p>	<p>Plant Some Seeds If you have any seeds at home have a go at planting and looking after them and watch them grow.</p>		<p>Learn to Tie Laces If you can't already then why not learn to tie your laces.</p>	
<p>Bird Feeder Watching nature is a good way to relax so why not make a bird feeder from recycled plastic.</p> 	<p>30 Day Lego Challenge Why not complete the 30 day Lego challenge. Find a copy online.</p> 	<p>Alphabet Hunt Whilst out on your daily exercise or in your garden or house try to find something beginning with each letter of the alphabet.</p>	<p>Other Alphabet Games Try thinking of a football team beginning with each letter of the alphabet. Think of a food beginning with each letter. You can do whatever you want with this game.</p>	<p>Treasure Hunt Make up a treasure hunt for someone to do on your walk, in your garden or in your home. Write and draw clues.</p>
<p>Battleships Use rolled up socks or newspaper to make 10 battleships each. Each of you put 5 battleships on the floor. Take it in turns to throw and hit the other person's battleship with your remaining ships. You can't block a shot from your partner. The winner is the person who hits all the ships first. You need to be a few meters apart.</p>	<p>Ping Pong Towel You need 2 players, a towel and a small ball. Each person holds the corners of the towel. Put a small ball on the towel. Tip the towel to try and make the ball fall off your partner's end. The winner is the person who manages to get the ball off the other team's end.</p>	<p>Learn To Juggle Why not learn to juggle. There are lots of useful YouTube videos to help!</p>	<p>Promo Video Make a video about staying fit and healthy during lockdown.</p>	<p>Make A Health Week Trophy Make a new health week trophy to award to the winning team. You could use recycled materials or plastic cups.</p>
<p>Disney Shake Up Try some of the new games on Change 4 Life, NHS. https://www.nhs.uk/10-minute-shake-up/shake-ups</p>	<p>Keepie Uppie Challenge How many keepie uppies can you do? Extra challenge- try it with a smaller ball.</p>	<p>Let It Snow You need 2 teams, lots of rolled up paper into balls, and a rope for a line. Divide the room into 2 with the rope on the floor. Share the balls out evenly. On 'Go' players throw the balls one at a time onto the opposite side for 2 mins. When the time is up the team with the least 'snowballs' is the winner.</p>	<p>Make A Poster Make a bright colourful poster to try and encourage other people to be happy and healthy.</p> <p>Make A Leaflet Make a leaflet either about staying fit and healthy or about visiting your local area. Remember to make it bright and colourful.</p>	<p>Cup Pong Set 10 empty plastic cups in a triangle shape (4,3,2,1). Use a small ball (bouncy/ping pong). Stand 1-2 meters back and take it in turns to bounce the ball into the cups. If you get it in a cup you have to decide what and how many exercises the others do eg; 10 star jumps.</p>
		<p>Design A New Strip The season has finished and your team are looking for a new strip for next season. Your job is to be the designer and design a new strip.</p>	<p>Invent A New Game Invent a new game. It can be a board game, an indoor or an outdoor game. Remember to include instructions.</p>	<p>Make A Local Area Word Search Think of all the places near your home and make a word search for people to complete.</p>

Thanks to Katrona Rae from Moffat Primary School for the use of the grids.

