





| Activities  | Monday  |
|---|---|
| <p data-bbox="107 196 293 248"><b>Games</b></p>      | <p data-bbox="427 193 1749 236"><b>Bizzy Breaks: Mystery Mover:</b> See end of document for instructions</p> <div data-bbox="427 272 658 488" style="border: 1px solid black; padding: 5px;"> <p data-bbox="504 279 582 295"><i>Mystery Mover</i></p> <ul data-bbox="436 295 649 486" style="list-style-type: none"> <li>• Pupils stand in a circle around the edge of the room. Ensure physical distancing is maintained by making the circle as large as possible. This activity can also be done outside.</li> <li>• One pupil is selected as the "Detective" and either stands outside the door or faces the wall (closing eyes and covering ears).</li> <li>• Teacher points at one pupil who will be the "Mystery Mover".</li> <li>• The Mystery Mover starts a movement (e.g. clapping hands, waving arms, punching forward, resting on the spot) and everyone follows this movement.</li> <li>• The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.</li> <li>• Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.</li> <li>• The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.</li> <li>• When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.</li> </ul> </div> |
| <p data-bbox="107 533 275 585"><b>Dance</b></p>      | <p data-bbox="427 528 1666 571"><b>Santa Dance:</b> <a href="https://www.youtube.com/watch?v=YY79ujqfsk8">https://www.youtube.com/watch?v=YY79ujqfsk8</a></p>   |
| <p data-bbox="107 799 327 852"><b>Exercise</b></p>  | <p data-bbox="427 799 745 842"><b>10@10 Week 1:</b></p> <p data-bbox="427 855 2069 959"><a href="https://www.youtube.com/watch?v=sdbU9bLPUHQ&amp;list=PLKQbfDM2ZP5_y48s8Wk_hXZayFPHLGbheM">https://www.youtube.com/watch?v=sdbU9bLPUHQ&amp;list=PLKQbfDM2ZP5_y48s8Wk_hXZayFPHLGbheM</a></p>   |
| <p data-bbox="107 1155 215 1208"><b>Run</b></p>    | <p data-bbox="427 1150 1120 1193"><b>Red Light, Green Light (Indoors or Outdoors)</b></p> <p data-bbox="427 1214 2063 1433">This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out "green light," everyone starts running as fast as they can to the spot. When the teacher calls out "red light," all the runners must freeze in place. The students can start running when the teacher calls out "green light" again. If the teacher calls out "yellow light," the students must slow their pace until it's time to freeze or run fast again.</p>   |

# Tuesday

## Activities

### Games



**Bizzy Breaks: Step Sequence:** See end of document for instructions.

**Step Sequence**

With music playing, teacher calls out different movements for pupils to perform. Count eight beats for each movement (whole class count out loud together). Change to the next action after eight beats, then repeat each of the previous movements in sequence.

- Marching on the spot.
- Jumping Jacks (jumping jacks → marching).
- Twisting from the waist with hands on hips (twisting → jumping jacks → marching).
- Leaping on the spot (leaping → twisting → jumping jacks → marching).
- Knee Lifts with arms out in front (knee lifts → leaping → twisting → jumping jacks → marching).
- Split Bounce one leg in front and one behind, jump and swap legs (split bounce → knee lifts → leaping → twisting → jumping jacks → marching).
- Side Stepping (side stepping → split bounce → knee lifts → leaping → twisting → jumping jacks → marching).

|               |
|---------------|
| Marching      |
| Jumping Jacks |
| Twisting      |
| Leaping       |
| Knee Lifts    |
| Split Bounce  |
| Side Stepping |

### Dance



**Last Christmas:** <https://www.youtube.com/watch?v=Ktm-Y l-ftY>

### Exercise








**10@10 Week 2:**  
[https://www.youtube.com/watch?v=hImLLOcENDI&list=PLKQbfDM2ZP5\\_y48s8WkhXZayFPHLGbheM&index=2](https://www.youtube.com/watch?v=hImLLOcENDI&list=PLKQbfDM2ZP5_y48s8WkhXZayFPHLGbheM&index=2)






### Run







**Red Light, Green Light (Indoors or Outdoors)**

This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.

| Activities  | Wednesday   |
|---|---|
| <p><b>Games</b></p>      | <p><b>Movement in the Classroom: Stop and Spell:</b> See instructions at the end of document</p>  <p><small>Stop and Spell<br/>The teacher calls out different activities to do:</small></p> <ul style="list-style-type: none"> <li>• jump</li> <li>• jog</li> <li>• jumping jacks</li> <li>• hopping</li> <li>• skipping</li> <li>• marching</li> <li>• knee lifts</li> <li>• leg curls.</li> </ul> <p><small>Pupils perform the activity until the teacher calls out a word. Pupils stop doing the activity and write down the correct spelling for that word. After approximately 10 seconds the teacher calls out a new activity for the pupils to do. The teacher then calls a new word and the pupils stop and spell the word. This continues until all the words on the list are used. At the end the teacher writes the spellings on the board and pupils check their spelling to see how many they got correct.</small></p> |
| <p><b>Dance</b></p>      | <p><b>All I want for Christmas:</b> <a href="https://www.youtube.com/watch?v=v5yJWnfJQlk">https://www.youtube.com/watch?v=v5yJWnfJQlk</a></p>   |
| <p><b>Exercise</b></p>  | <p><b>10@10 Week 3:</b><br/> <a href="https://www.youtube.com/watch?v=eD8aJonUJWo&amp;list=PLKQbfDM2ZP5_y48s8Wk_hXZayFPHLGbheM&amp;index=3">https://www.youtube.com/watch?v=eD8aJonUJWo&amp;list=PLKQbfDM2ZP5_y48s8Wk_hXZayFPHLGbheM&amp;index=3</a></p>  |
| <p><b>Run</b></p>      | <p><b>Red Light, Green Light (Indoors or Outdoors)</b></p> <p>This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>   |

| Activities  | Thursday   |
|---|--|
| <p data-bbox="107 252 295 306"><b>Games</b></p>      | <p data-bbox="430 252 1944 347"><b>Movement in the Classroom: Jumping Jacks Maths:</b> See end of document for instructions.</p> <p data-bbox="474 379 609 395"><b>Jumping Jack Math</b></p> <p data-bbox="474 395 1003 450">Teacher calls out a numeracy problem. Pupils are invited to mentally work out the problem and then quickly do the corresponding number of jumping jacks or other movement variations:</p> <ul data-bbox="474 450 676 561" style="list-style-type: none"> <li>▪ bunny hops</li> <li>▪ knee lifts</li> <li>▪ squats</li> <li>▪ march/jog in place</li> <li>▪ leg curls</li> <li>▪ bicep curls with maths book!</li> </ul>  |
| <p data-bbox="107 603 273 657"><b>Dance</b></p>      | <p data-bbox="430 603 1662 641"><b>Santa Dance:</b> <a href="https://www.youtube.com/watch?v=YY79ujqfsk8">https://www.youtube.com/watch?v=YY79ujqfsk8</a></p>  |
| <p data-bbox="107 874 331 928"><b>Exercise</b></p>  | <p data-bbox="430 874 743 912"><b>10@10 Week 4:</b></p> <p data-bbox="430 928 2078 1018"><a href="https://www.youtube.com/watch?v=NyUfAurt7R4&amp;list=PLKQbfDM2ZP5_y48s8WkhXZayFPHLGbheM&amp;index=4">https://www.youtube.com/watch?v=NyUfAurt7R4&amp;list=PLKQbfDM2ZP5_y48s8WkhXZayFPHLGbheM&amp;index=4</a></p>   |
| <p data-bbox="107 1161 219 1216"><b>Run</b></p>    | <p data-bbox="430 1161 1124 1200"><b>Red Light, Green Light (Indoors or Outdoors)</b></p> <p data-bbox="430 1232 2065 1455">This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out “green light,” everyone starts running as fast as they can on the spot. When the teacher calls out “red light,” all the runners must freeze in place. The students can start running when the teacher calls out “green light” again. If the teacher calls out “yellow light,” the students must slow their pace until it’s time to freeze or run fast again.</p>  |

| Activities  | Friday  |
|---|---|
| <p data-bbox="107 252 295 306"><b>Games</b></p>      | <p data-bbox="430 252 1904 351"><b>Movement in the Classroom: All Those Who!</b> See instructions at the end of document</p> <p data-bbox="459 411 1355 542"><b>All Those Who!</b><br/>Invite pupils to move their chairs back from their desks. The teacher or a pupil from the class can be the "caller". The "caller" then calls "All those who..." e.g. have blue eyes, stand and run on the spot. Anyone, to whom this command applies, stands up and runs on the spot. After a few seconds the "caller" calls stop and everyone sits back down. The "caller" then selects another command.</p>  |
| <p data-bbox="107 587 273 641"><b>Dance</b></p>      | <p data-bbox="430 587 1489 630">Choose your favourite dance from this week to repeat.</p>   |
| <p data-bbox="107 858 324 912"><b>Exercise</b></p>  | <p data-bbox="430 858 2072 1013"><b>10@10 Week 5:</b><br/><a href="https://www.youtube.com/watch?v=ozlCAhp0z3Q&amp;list=PLKQbfDM2ZP5_y48s8WkhXZayFPHLGbheM&amp;index=5">https://www.youtube.com/watch?v=ozlCAhp0z3Q&amp;list=PLKQbfDM2ZP5_y48s8WkhXZayFPHLGbheM&amp;index=5</a></p>   |
| <p data-bbox="107 1145 212 1200"><b>Run</b></p>    | <p data-bbox="430 1145 1120 1181"><b>Red Light, Green Light (Indoors or Outdoors)</b></p> <p data-bbox="430 1209 2060 1444">This classic running game is great for interval training as well as building physical endurance and listening skills. Once the teacher calls out "green light," everyone starts running as fast as they can on the spot. When the teacher calls out "red light," all the runners must freeze in place. The students can start running when the teacher calls out "green light" again. If the teacher calls out "yellow light," the students must slow their pace until it's time to freeze or run fast again.</p> |



## Games:

### Mystery Mover

- Pupils stand in a circle around the edge of the room. Ensure physical distancing is maintained by making the circle as large as possible. This activity can also be done outside.
- One pupil is selected as the 'Detective' and either stands outside the door or faces the wall (closing eyes and covering ears).
- Teacher points at one pupil who will be the 'Mystery Mover'
- The Mystery Mover starts a movement (e.g. clapping hands, waving arms, punching forward, running on the spot) and everyone follows this movement.
- The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.
- Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.
- The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.
- When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.

### Step Sequence

With music playing, teacher calls out different movements for pupils to perform. Count eight beats for each movement (whole class count out loud together). Change to the next action after eight beats, then repeat each of the previous movements in sequence.

**Marching** on the spot.

**Jumping Jacks** (jumping jacks → marching).

**Twisting** from the waist with hands on hips (twisting → jumping jacks → marching).

**Jogging on the spot** (jogging → twisting → jumping jacks → marching).

**Knee Lifts** with arms out in front (knee lifts → jogging → twisting → jumping jacks → marching).

**Split Bounce** one leg in front and one behind, jump and swap legs (split bounce → knee lifts → jogging → twisting → jumping jacks → marching).

**Side Stepping** (side stepping → split bounce → knee lifts → jogging → twisting → jumping jacks → marching).

Marching

Jumping Jacks

Twisting

Jogging

Knee Lifts

Split Bounce

Side Stepping

## Stop and Spell

The teacher calls out different activities to do:

- jump
- jog
- jumping jacks
- hopping
- skipping
- marching
- knee lifts
- leg curls.



Pupils perform the activity until the teacher calls out a word. Pupils stop doing the activity and write down the correct spelling for that word. After approximately 10 seconds the teacher calls out a new activity for the pupils to do. The teacher then calls a new word and the pupils stop and spell the word. This continues until all the words on the list are used. At the end the teacher writes the spellings on the board and pupils check their spelling to see how many they got correct.

### Jumping Jack Math

Teacher calls out a numeracy problem. Pupils are invited to mentally work out the problem and then quickly do the corresponding number of jumping jacks or other movement variations:

- bunny hops
- knee lifts
- squats
- march/jog in place
- leg curls
- bicep curls with maths book!



### All Those Who!

Invite pupils to move their chairs back from their desks. The teacher or a pupil from the class can be the "caller". The "caller" then calls "All those who..." e.g. have blue eyes, stand and run on the spot. Anyone, to whom this command applies, stands up and runs on the spot. After a few seconds the "caller" calls stop and everyone sits back down. The "caller" then selects another command.