**HEALTH WEEK – FOUNDATION STAGE**



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| Monday 15th October | We will have a ‘WOW Fitness, walk, scoot or park & stride to School’ Assembly with time for questions. | We will work with A-Life to complete some Healthy Eating activities | 5 minute daily run | At other times during the week, also linked to Health Week, we will complete:* Relaxation techniques
* Yoga
* Circle Times
* P4C sessions
* Target setting
* Mindfulness activities
* Healthy Eating activities
* Problem solving activities
* Dental health activities
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| Tuesday 16th October | We can complete an early morning fitness session with our parents led by Jodie Digby(8.30a.m) | We will complete an obstacle course led by Jodie Digby | We will have a tennis talk from James Morgan |
| Wednesday 17th October | We will use ‘Purple Mash’ on the computers to complete activities linked to Health Week. | We will have a Healthy Lifestyle session with a Premier Sport Coach | We will have a talk from a paramedic about staying healthy |
| Thursday 18th October | We will make a Healthy Snack with Mrs Spencer | 5 minute daily run |  |
| Friday 19th October | We will meet Doctor Evans who will teach us how to keep well. | 5 minute daily run |  |