**HEALTH WEEK – FOUNDATION STAGE**



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| Monday 17th October | We will meet Doctor Evans who will teach us how to keep well. | We might use ‘Purple Mash’ on the computers to complete activities linked to Health Week. | We will learn racquet and ball skills with Trish Malliff. | At other times during the week, also linked to Health Week, we will complete:* Relaxation techniques
* Circle Times
* P4C sessions
* Target setting
* Mindfulness activities
* Healthy Eating activities
* Problem solving activities
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| Tuesday 18th October | We might do a P.E. session with a Premier Sport Coach | We might use ‘Purple Mash’ on the computers to complete activities linked to Health Week. |  |
| Wednesday 19th October | We will have a ‘Passport to Fitness, walk or scoot to School’ Assembly with time for questions. |  |  |
| Thursday 20th October | We will have a Fun Fitness session with A-Life | We will make a Healthy Snack with Mrs Spencer |  |
| Friday 21st October | We will learn about Dental Health with Ms Ives | We will work with A-Life to complete some Healthy Eating activities |  |