**HEALTH WEEK – YEAR ONE**

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| Monday 15th October | We will use ‘Purple Mash’ on the computers to complete activities linked to Health Week. | 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 * Circle Times * P4C sessions * Target setting * Mindfulness activities * Healthy Eating activities * Problem solving activities |
| Tuesday 16th October | We can complete an early morning fitness session with our parents led by Jodie Digby  (8.30a.m) | We will complete a Healthy Lifestyles session with a Premier Sport Coach. | We will have a tennis talk from James Morgan |
| Wednesday 17th October | We will complete a yoga session with Mrs Grimsdell | 5 minute daily run | We will have a talk from a paramedic about staying healthy |
| Thursday 18th October | We will have a ‘WOW Fitness, walk, scoot or park and stride to School’ Assembly with time for questions. | 5 minute daily run |  |
| Friday 19th October | We will make a ‘Face on a Plate’ with Mrs Spencer | We will learn about Dental Health with Mrs Brooman | We will meet Doctor Evans who will teach us how to keep well. |